

Next College Newsletter: Wed 8th August 2018

Please email your articles to: newsletter@emmauscc.sa.edu.au

Important Dates

July

Tue 31st

SACSA Open Boys Basketball
8.00am - 4.00pm

Year 2 - 12 ICAS English

August

Wed 1st

SACSA Open Girls Basketball
8.00am - 4.00pm

Thu 2nd

SACSA Yr 8/9 Boys Basketball
8.00am - 3.30pm

Fri 3rd

SACSA Yr 8/9 Girls Basketball
8.00am - 3.30pm

Tue 7th

Tuesday on Flinders Concert

Wed 8th

Rec - Yr 12 Groups & Team Photos
The Rite Journey Parent Briefing
Evening 5.30pm - 6.15pm

Thu 9th

Year 10 - 12 Australian Maths Trust
Competition

2018 Term Dates

Term 3

Tue 24 Jul - Fri 28 Sep

Term 4

Mon 15 Oct - Wed 5 Dec

(Term dates subject to change)

2019 Term Dates

Term 1

Tue 29 Jan - Fri 12 Apr

Term 2

Tue 30 Apr - Fri 5 Jul

Term 3

Wed 24 Jul - Fri 27 Sep

Term 4

Mon 14 Oct - Wed 4 Dec

(Term dates subject to change)

Weekly Coffee Connect

Tuesday Morning

8.45am - 9.45am



Weekly Prayer Connect

Thursday Morning

8.30am - 9.00am



From the Principal

Isaiah 54:2-3 (MSG) *"Clear lots of ground for your tents! Make your tents large. Spread out! Think big! Use plenty of rope, drive the tent pegs deep. You're going to need lots of elbow room for your growing family."*

Dear Parents and Friends

Welcome back to Term 3. It is my prayer that the school holidays provided an opportunity for a change of pace, and for some of the lucky amongst you, a refreshing family holiday.

At the recent Emmaus Board retreat last term the above scripture (Isaiah 54:2-3) was one of the key scriptures leading the collective prayer and discussion. The prophet Isaiah shares of a time where the Kingdom of God will be extended beyond the Israelites alone, and be available to the entire 'Gentile' world. The challenge is to 'think big' enlarging the tents in preparation for the increased 'harvest' where the Kingdom is made available for all. Foretelling the onset of the new covenant, and central role Christ is to play in this new paradigm, is also key to this prophetic scripture.

Being established in 1979 as Bethesda Christian College, Emmaus is approaching 40 years of continuous faithful service where Christ still remains firm at the very centre of all we do, and in the words of Isaiah 54, our mission continues to focus on preparing for the plentiful 'harvest' as His Kingdom is made available for all. Following further reflection on this scripture the Emmaus Board discussed if our College motto 'Inspiring Hearts, Inspiring Minds' should also place Christ at the very front 'CHRIST inspired Hearts and Minds'!

As recently shared, our plans to "clear ground...enlarge the tents...think big...deepen the tent pegs..." for our Brooklyn Park Campus continues to gain momentum too. Consistent with Isaiah 54 this 'Christian School Plant' will effectively provide a Christian School alternative for families in the Western Suburbs who currently do not have such a schooling choice available. Mr Ben Raw, the College's Business Manager, has been appointed into the important role of 'Project Manager' for the development of this new Emmaus Campus at Brooklyn Park. Although a reallocation of duties across the Business Department of the College has enabled Ben to undertake these new responsibilities, please keep Ben in your prayers as this will be a significant challenge. Please also find attached several architectural diagrams illustrating the currently planned ELC and Junior Primary areas of the new Emmaus Christian College Brooklyn Park campus.



LIPSETT TERRACE ENTRANCE

Although the Brooklyn Park campus will commence with students at the beginning of 2020, it is the intention to hold a special dedication service for this new campus during Term 4 2019 (when stage 1 refurbishments are to be completed). This time of dedication will also serve as our formal 40th Year Celebrations of the College overall, and symbolise our ongoing commitment to making a Christ centred education available to all who seek it. Mrs Carolyn Hull (Emmaus Teacher Librarian) has been working hard this year researching the last 40 years of our College's history including speaking with those involved at the earliest inception of our College. It is anticipated that this research will be made available for all as a part of our 40th Year Celebrations in Term 4 2019 when it is released as an Emmaus History book (actual title yet to be finalised!). I have included a few interesting facts below to 'whet your appetite'!

Did you know?...*Our school has already had 4 names - Bethesda Christian School, Bethesda Christian College, Tabor Christian College and Emmaus Christian College...And that soon there will be Emmaus Christian College, South Plympton and Emmaus Christian College, Brooklyn Park. Confused? No! Because we have always been Christian, and safely have our identity 'in Christ'.*

Did you know?...*In our first 10 years we 'moved' 4 times. Marion Road, Sturt Road, Wheaton Street (in classrooms that were on what is now Vermont Retirement Village land) and then into the current 3 storey building on Lynton Avenue. Disoriented? No! God has always known where we are and what we need. And now as we look forward to another campus at Brooklyn Park, God knows what is needed and will go before us.*

Did you know?...*That at one time in our history our financial position was so poor that we really should not have been able to continue. But by God's grace, good management, staff sacrifices and even the enrolment of overseas students, the school was able to continue. Insecure? No! Because we have been blessed by many gifts of generosity and sacrifice over many years, in response to the generosity of God himself.*

Did you know?...*That the land on which we now stand as a school was once owned by the Wheaton family. After their arrival in South Australia in 1848, they would walk to church in Glenelg from their home. This was a family who knew the priority of worshipping God and whose descendants were excited to know that their 'land' was being used to make God's name known. Their original home was demolished in 1958 to make way for the Vermont Technical High School, on the corner of Wheaton Street and Lynton Avenue. God is faithful and worthy of praise and many generations before us attest to his faithfulness - even through very tough times. Unfathomable? No! We are absolutely sure of our place in God's family, and that even the land on which we stand is his for all time.*

So as we explore our History it is obvious that not everything has been smooth or easy. But we know that God is telling 'His Story' through our story.

Blessings,

Andrew Linke
Principal

Senior School

Year 12 Retreat

Once again, our Year 12 students enjoyed a wonderful retreat at Adare Campsite, Victor Harbor during the last two days of Term 2. The aim of this camp is some well-earned rest and relaxation for our Year 12 students as they plough their way through the demands of the year.

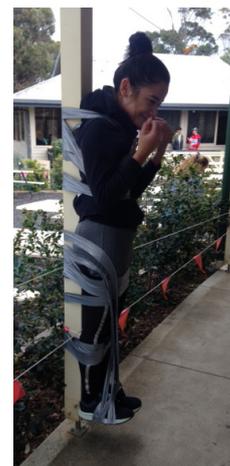
During the two days, students stayed in their CCAPP groups and worked through a rotation of four activities. These were bike riding along the foreshore, kayaking in the backwaters, obstacle course and the flying kiwi, as well as challenge problems. Despite the weather a good time was had by all.

Thank you to Ms Cathie Meaney, students were involved in a number of fun games, including a vigorous game of Mars Bar Hockey and the challenge of taping members of their group off the ground with packing tape!

The students entertained each other and us greatly with their 'Red Faces' items on the Thursday evening and there were many talents, otherwise undiscovered, in the group, including fabulous music, film, you tube parodies and quizzes created, especially written for the evening. A highlight of the evening was the farewell film for Chris Gould who is leaving us to begin his working life. It reminded me just how significant the friendships are that have been formed and what a great community exists among our Year 12 students.

Perhaps the best part of all was when the students received their letters from parents. It was a moving way to finish the camp and the term, especially knowing that there are people who care so much in their lives. Thank you to all parents and caregivers who spoke into the student's lives in such a meaningful way.

Andrea Grear
Head of Senior School



Junior School

At the end of last term we were thrilled to announce our Junior School Semester 1 Award winners for the following categories:

R-2 Awards

CITIZENSHIP Demonstrating a servant heart and being a positive role model

Year 3-6 Awards

CITIZENSHIP Demonstrating a servant heart and being a positive role model

IMPROVEMENT Consistent improvement in work effort

MERIT Consistent effort and diligence throughout the Semester



Year 5/6 Battle of the Bands



After School Sports Practices - Sibling Supervision - Area of Risk

We would like to raise awareness around an area of risk that has been reported to staff. Some children are playing unsupervised after 3.30pm whilst brothers and sisters are at sport practice. Teaching staff are on duty until 3.30pm. Sports coaches are only responsible for children in their teams. To manage unsupervised areas of risk, we would ask that unless brothers and sisters have been booked into OSHC, parents pick their children up by 3.30pm. Thank you for assisting us to keep all children safe.

The Marimba Experience

During Week 10 last Term, Junior School students were treated to a wonderful music incursion by Jon Madin called 'The Marimba Experience'.

Students had the opportunity to play a variety of percussion instruments including Marimbas, drums and unique instruments not ever seen before.



Helen Vonow
Head of Junior School

Sporting News

Term 2 was a busy, challenging but very successful term for many of our weekly and representative sporting teams. With many of the weekly sport teams seasons half way through it is nice to see growth and development within our students and their teams. Students are continually attending training sessions and showing up for their matches in the cold conditions which highlights a strong commitment from the students and parents to be a part of something special. Term 3 is going to be busy with SACSA Year 8/9 and Open Girls and Boys Basketball, SACSA Year 4 to Open Boys and Girls 9-a-Side AFL and Soccer Carnivals, as well as preparing for the Term 4 SACSA Carnivals.

I am happy to inform all students and families that Emmaus Christian College has its own 'Park Run' club. Those who may not know about Park Run, this is a free event held weekly, locally, nationally and internationally that people of all ages can take part in, promoting a healthy and active lifestyle. A 5km course is set up at various locations across the State, marshalled by volunteers so that people can complete at their own pace and have their times recorded. This is a great event that can be done individually, in pairs, a small group of friends or as a family pushing the pusher. People are able to sign up as individuals at www.parkrun.com.au, and under the 'Running Club (optional)' scroll through and select Emmaus Christian College. This will enable the administrator for the Emmaus club to see students best times, total distance achieved and courses they have completed. When going to complete an event you need to take a printed copy of your personal barcode sent via email for officials to scan and then complete the course. At the end of the race you are able to log in and view your recent time, personal bests and total distance completed to date. In 2019 we will be looking to acknowledge those who have been active on a regular basis.

Student achievements

- Omariah (Year 4) competed in the SA Gymnastics Open National Level 3 category where she placed 3rd overall on the Vault, 5th overall on both the Uneven Bars and Beam and 9th overall on her floor routine. With consistent high scores across all 4 apparatuses ranging from 8.1 to 9.4, Omariah finished 2nd overall at the SA Gymnastics Open National Level 3 category out of 25 athletes.
- Amelia (Year 7) competed recently in State Pool Rescue Championships for Surf Life and achieved 1 Gold, 1 Silver and 2 Bronze Medals. She competed in 9.
- Sienna (Year 7) made the SAPSASA City South Girls District Soccer team.
- Matthew (Year 10) has been selected in the School Sport SA 13-19 years Cross Country State team to compete at the School Sport Australia Championship from Thursday 23rd to Monday 27th August. He will be competing in the U16 Boys 6km event.

Looking forward to a big and fun Term 3. Go Emmaus!

Daryl Porter
PE, Health and Sports Coordinator (Rec - Year 12)

Music

Performing Arts Calendar 2018

Term 3	Week 3	Tuesday 7 th August	Tuesday on Flinders Concert
	Week 5	Friday 24 th August	SA School Band & Orchestra Festival @ Westminster School
	Week 8	Thursday 13 th September	Spring Instrumental Evening @ 7.00pm in EPAC
	Week 9	Wednesday 19 th - Thursday 20 th September	Junior School Musical
Term 4	Week 3	Thursday 1 st November	Music Count Us In

Andrew Verco
Music Coordinator (Rec - Year 12)

First Aid

Gastroenteritis

As we have recently had a number of students throughout all year levels unwell with symptoms of gastro it is important that parents read the information below.

Description

Gastroenteritis is an illness triggered by the infection and inflammation of the digestive system. Gastro can be caused by many different germs although the most common cause of gastro is a viral or bacterial infection. Typical symptoms include mild fever, abdominal cramps, diarrhoea and vomiting. In many cases the condition is self-limiting and resolves in a few days. The main complication of gastroenteritis is dehydration so it is extremely important to keep drinking plenty of fluids. A person suffering from severe gastroenteritis may need fluids intravenously.

When to see a doctor

- If your child is unable to keep any fluids down
- If your child displays signs of dehydration

With mild dehydration, children may:

- Have sticky or dry mouths
- Urinate less
- Be thirstier than usual
- Be slightly more fussy
- Be less active than usual

With more severe dehydration, children often:

- Are less alert
- Are very sleepy
- Have sunken eyes
- Urinate much less, if at all
- Lose weight

Dehydration can be a medical emergency. Call your healthcare provider IMMEDIATELY if:

- Your child is much less active than usual
- Your child is hard to wake up
- Your child appears limp and weak
- Your child does not seem to recognize you
- Fever
- Abdominal pain
- Bloody diarrhoea
- If symptoms are severe or do not improve
- Any symptoms in a child less than 12 months of age
- OR you are worried for any other reason.

Preventing the spread of gastro

- It is important that all members of the family remember to wash hands well with soap and warm water, especially after going to the toilet, before and after handling food and after caring for someone who is sick.
- It is also important to wipe down all frequently touched surfaces regularly (eg shared equipment, telephones, computer keyboards, door handles) and to make sure all food preparation surfaces are kept clean.
- Viral gastroenteritis may also be spread through coughing and sneezing.

Exclusion

Children are to be excluded from school until there has not been any diarrhoea or vomiting for at least 24 hours.

Ros Argent and Maria McIver

First Aid Officers

Launch News

Debating Update

Congratulations to Mahalia (Year 5), Jaydan and Sehreem (Year 6), Rachel (Year 7) and Cameron (Year 9), who all won Debater of the evening in their different competitions in Round 3.

Year 5 Purple (currently 1st out of 22 teams), Year 6/7 Blue (13th out of 102 teams) and Year 9 Purple (7th out of 42 teams) are undefeated for the season. We wish all the teams well for the last two rounds.

Thank you to all parents and extended family who come to support our students at each debate.

Spectators are welcome to come to any of the competitions and details can be found [here](#).

Legacy Public Speaking Competition

Congratulations to Kaitlin (Year 9) who won her heat and is competing in the State Final at Legacy House on Friday 3rd August at 6.30pm.

We wish her all the best with her 5 minute prepared Social Justice speech on the Textile Industry and for her impromptu speech.

Aurecon Bridge Building Competition

On Thursday 26th July, two teams of three Year 8 students are competing in the Aurecon Bridge Building Competition at the South Australian Art Gallery. Students had to construct a bridge using limited amounts of balsa wood, glue, string and cardboard. Their bridges will be tested for strength and judged on their innovative design. We wish them all the best.

International History and Geography Olympiad Berlin, Germany

Results are in for the Battery Quiz which is part of the History Component of the 8 day competition that was held during the July School holidays.

We are pleased to announce that Drake (Year 10), the only representative from Oceania, has come 26th out of 71 students competing from all over the world. He beat students from Japan, Taiwan, South Korea, Hong Kong, the UAE, Germany, Thailand and Singapore. Well done Drake! What an amazing achievement.

For more results please click [here](#).

Tournament of the Minds

Preparation is under way for the State competition and students are busy preparing to write 10 minute long scripts to solve various Literacy and Arts problems.

Junior School Chess Club

Meets Thursday lunch in the Launch room all are welcome.

We are preparing to send a team to the State competition in September.

All students interested in Chess are welcome to come and learn or hone their skills.

Oliphant Awards

Over 30 Emmaus students from Reception to Year 9 have entered into the Oliphant Science Competition.

Families are welcome to view the entries and be inspired by Science on Sunday 26th August at the Festival Function Centre, 292 Findon Road, Findon. There will be several engaging Science Shows including presentations by Mobile Science Education, Robogals, Warramong2U Wildlife Education, Engineers Without Borders, The Young Scientists of Australia, James' Travelling Magic Show and The Nature Education Centre. Get hands-on with 'Come & Try' stations from Mobile Science Education, Southern Bricks Lego Users Group, Engineers without Borders and the SA Museum or have a browse through the 2018 winning projects.

Food and beverages will be available to purchase on the day to help support some local community groups.

So, make a day of it and take your friends and family!

More information can be found [here](#).

Susanne Milne

Launch Coordinator (Rec - Year 10)

Student Wellbeing Coordinator

I was privileged to attend the State Theatre Company production of 'Brothers Wreck' during the end of Term 2 with Year 11 and 12 Drama students, organised by Ms Cathie Meaney.

I found this production to be confronting, moving and raw. The issue of suicide and in particular suicide within the Indigenous community is difficult to comprehend. Yet this production by Jada Alberts is a hard hitting look at how the community must face and talk about these important issues if we are to better understand their impact.

Attending this production reminded me of the importance that Art plays in our school, in our classrooms and in the lives of our students. The Arts, and in particular Drama, allows students to safely explore situations and issues within the classroom that they may need to one day confront in real life. The idea of performance, whether it be in musicals or plays, allows students to develop skills they may otherwise have not known they possess. I have watched students across all year levels at Emmaus, participate in various arts activities and I always come away amazed by students who I never would have suspected, are stellar performers and artists!

Thank goodness that the creativity God placed in us all is celebrated at Emmaus, whether it is in the upcoming Junior School Musical, the Music Showcases held each year, the Drama productions or the amazing artwork displayed throughout the corridors of the College from all year levels. The Arts are important in motor development, language development, decision making, inventiveness and cultural awareness.

If, as a parent, you get the opportunity to encourage your children to participate, perform or create, please do. The whole community benefits and the individual benefit to your child may never be measured fully! To read more about the importance of arts in the lives of children please click [here](#).

Sue Chapman

Student Wellbeing Coordinator

Canteen Roster

Week 1 T3

Thu 26th No help needed
Fri 27th Nancy Pantelis

Week 3 T3

Mon 6th No help needed
Tue 7th No help needed
Wed 8th Sam Allison
Thu 9th No help needed
Fri 10th Tam Battersby

Week 2 T3

Mon 30th No help needed
Tue 31st No help needed
Wed 1st August **HELP NEEDED**
Thu 2nd No help needed
Fri 3rd Karen Ames

Week 4 T3

Mon 13th No help needed
Tue 14th No help needed
Wed 15th Karen Baker
Thu 16th No help needed
Fri 17th **HELP NEEDED**

Thank you for the time you volunteer in the canteen, it is very much appreciated. The hours are from 9.30am to approximately 1.30pm. Due to Occupational Health and Safety, please wear enclosed shoes and ensure long hair is tied back. Please also remember to sign in at the Front Office and wear a visitors badge before you commence in the canteen. This is a legal requirement in case of fire evacuation/lock down. Thank you for your assistance with this important matter.

Christine Blom-Cursaro and Sharon Hughes

Uniform Shop

2018 Normal Opening Hours

Monday 8.30am - 10.00am
3.00pm - 5.00pm

Thursday 8.30am - 10.00am
1.00pm - 1.30pm
3.00pm - 5.00pm

Christine Blom-Cursaro
Uniform Shop Manager



LIPSETT TERRACE ENTRANCE



ELC - OUTDOOR PLAY AREA



JP RECEPTION



ELC - ISOMETRIC VIEW



JP REAR PLAYGROUND



REAR PLAYGROUND



JP REAR RECEPTION ENTRY



**Emmaus
CHRISTIAN
COLLEGE**



CANTEEN WINTER PRICE LIST 2018

TERM 2 & 3

*Indicates items free of certain additives (see over page for list)

GF Indicates Gluten Free Products

V Vegetarian

HOT FOOD - ORDERS ONLY

New Lamb Rogan Josh with Rice	MONDAY ONLY	5.00
New Massaman Beef with Rice	MONDAY ONLY	5.00
New Dahl V	MONDAY ONLY	5.00

SUSHI	WEDNESDAY ONLY	2.50
Smoked Salmon GF / Teriyaki Chicken/Cooked Tuna GF/ Vegetarian/California Rolls GF		2.50
Soy Sauce		.10
Butter Chicken with Rice	WEDNESDAY ONLY GF	5.00
Malaysian Chicken with Rice	WEDNESDAY ONLY GF	5.00

1/2 VIETNAMESE ROLL	THURSDAY ONLY	
Please give an alternative on lunch order bag		2.50
Thai Chicken / Butter Chicken / Roast Pork / Tofu V		

BAGUETTES - White or Wholemeal

Meatballs, tomato sauce, lettuce, grated cheese ORDERS ONLY	3.50
New Falafel, carrot, lettuce, mayo V ORDERS ONLY	3.50
Chilli chicken strip, carrot, lettuce, mayo	3.50
Chicken strip, carrot, lettuce, mayo*	3.50
Chicken and salad *	4.50

*Salad=lettuce, cucumber, tomato, grated carrot, mayo

SANDWICHES - Wholemeal Only - ORDERS ONLY

ADD 50c for TOASTED SANDWICH

Buttered	1.20
Vegemite	1.60
Light Cheese*	3.00
Salad: lettuce, cucumber, tomato, grated carrot, mayo	3.50
Meat: Chicken* or Ham	3.50
Light Cheese and salad*	4.00
Meat: Chicken* or Ham and salad	4.00

*Salad=lettuce, cucumber, tomato, grated carrot, mayo

GF bread is available. MARK clearly on lunch order.

WRAPS - ORDERS ONLY

Chicken & salad*	4.00
Chilli chicken strips, lettuce, carrot, mayo	4.00
Chicken strips, carrot, lettuce, mayo*	4.00
New Falafel, carrot, lettuce, mayo V	
*Salad=lettuce, cucumber, tomato, grated carrot, mayo	4.00

HOT FOOD - ORDERS ONLY

Spaghetti Bolognese with fork	4.50
Vegetarian Lasagne	4.50

EXTRAS

Spoon/Fork	.10
Mayo*	.20
Tomato Sauce*	.20
Light cheese slice*	.50
Salad item*	.50

HOT FOOD

Vegetarian spring roll*	1.00
Garlic Bread	2.00
Pizza: Ham & Pineapple/Cheese & Bacon	2.00
Potato wedges	2.00
Hot dog NO sauce	3.30
Hot dog WITH sauce	3.50
Light pie	3.50
Light potato pie	3.50
Light pizza pie	3.50
Light sausage roll	3.50
Spinach and cheese roll V	3.50
Wholemeal vegetarian pasty V ORDERS ONLY	3.50
Meat Pasty ORDERS ONLY	3.50
Tomato sauce*	.20

BURGERS - ORDERS ONLY

Vegetarian: Vegetarian patty, carrot, tomato, cucumber, lettuce, mayo	4.00
Beef: Beef patty, lettuce, mayo, tomato sauce*	4.00
Chicken: Crumbed chicken patty, lettuce, mayo*	4.00

GF is available in the chicken with GF bread.

MARK clearly on lunch order.

SNACKS

3 Jatz biscuits*	0.30
Fruit strap* GF	0.50
Go cookie*	1.00
Grainwaves	1.00
Chips: plain*, honey soy, veg chips GF	1.00
Fruit in season*	1.20
Light choc muffin	1.50
Gingerbread kids	1.60
Banana bread*	2.00

ICEBLOCKS (over the counter ONLY)

Fruit tubes	0.50
Juicies*	1.00
Moo - Strawberry/Chocolate*	1.00
Lifesaver Icy Pole*	1.00
Lemonade Icy Pole*	1.00
Frosty Fruit*	1.00
Frozen yoghurt - strawberry	2.00

DRINKS

500ml Thank You Water*	1.50
250ml Just Juice*	1.50
250ml Up & Go (Chocolate*/Strawberry*/Vanilla*)	2.00
250ml Oak Strawberry*/Chocolate*	2.00
350ml Golden Circle: Apple/Orange Apple Blackcurrant*	2.20

CANTEEN PROCEDURES & RULES

ALL STUDENTS please print your name, class and year level CLEARLY on your lunch order bag so we can read it easily.

1. ORDERING

Junior Student Orders

Please place your lunch order in the class Canteen lunch box. The class Canteen box will be taken to the Canteen by the class monitors.

Junior Recess Orders

Junior students must place an order for recess and collect it from the Canteen at recess time. Place the recess order in the Canteen lunch box. Mark items required for recess clearly on your order. The Canteen window is not open for sales at Junior School recess. Junior students are not to come to the Canteen window at recess unless collecting a recess order.

Secondary Student Orders

Please place your orders by 9.30am in the blue Canteen box outside Reception.
Secondary lunches can be collected from the Canteen in the first 10 minutes of lunchtime.

All Students Late For School

Lunch orders can be left at Student Services or Reception before 9.30am. If students arrive after 9.30am, they are required to take their orders direct to the Canteen.

Teachers

Please order lunches before 9.30am and place in the blue Canteen box outside Reception.

NOTE:

- There will be **no** orders taken at recess time unless a student is late to school.
- Please do not order iceblocks. They can be purchased direct at lunchtime.
- Should orders miss the deadline, not all items are available.
- There are some foods that can only be purchased if ordered, e.g. sandwiches, rolls, burgers and spaghetti.

2. CREDIT/FORGOTTEN LUNCHES

Junior Students

The Canteen **does not provide** credit. Junior students forgetting their lunch or money should report this to their teacher as soon as possible. They should go to Student Services or Reception by 9.30am, where arrangements will be made with the Canteen to supply an emergency lunch (a piece of fruit for recess \$1.20 and baguette for lunch \$3.50). Payment will be required the following day.

Secondary Students

Report directly to the Canteen Manager.

Canteen to supply an emergency lunch (a piece of fruit for recess \$1.20 and baguette for lunch \$3.50). Payment will be required the following day.

3. LUNCH BAGS

Please ensure a supply of lunch bags is kept at home. Lunch bags can be collected from the Canteen or at Student Services.

*** Indicates items free of the below additives**

AVOID THESE ADDITIVES

COLOURS	102, 104, 110, 122, 123, 124, 127, 129, 132, 133, 142, 143, 151, 155 natural colour 160b (annatto)
PRESERVATIVES	<i>Sorbates:</i> 200, 201, 202, 203 <i>Benzoates:</i> 210, 211, 212, 213 <i>Sulphites:</i> 220, 221, 222, 223, 224, 225, 226, 227, 228 <i>Nitrates, nitrites:</i> 249, 250, 251, 252, <i>Propionates:</i> 280, 281, 282, 283
SYNTHETIC ANTIOXIDANTS	<i>Gallates:</i> 310, 311, 312 <i>TBHQ, BHA, BHT:</i> 319, 320, 321
FLAVOUR ENHANCERS	<i>Glutamates incl MSG:</i> 620, 621, 622, 623, 624, 625 <i>Ribonucleotides:</i> 627, 631, 635 <i>Hydrolysed Vegetable Protein (TVP)</i>
ARTIFICIAL FLAVOURS	No numbers since they are trade secrets

Thank you for your cooperation.

Christine Blom/Janine Richards
Canteen