



## IMPORTANT DATES

### APRIL

Wed 10 - Yr 8 Camp @ El Shaddai  
Fri 12

Fri 12 Whole School Casual Day  
Yr 12 Formal  
Yr 12 Student Free Day

**END OF TERM**  
**(Normal Finish Time)**

Mon 29 **Student Free Day**

Tue 30 **TERM 2 COMMENCES**

### MAY

Fri 3 SACSA JS Athletics @ Santos Stadium

Fri 3 - Sun 5 Generations in Jazz @ Mount Gambier

Mon 6 - Fri 10 Foundation Water Safety Program @ SA Aquatic Centre

Fri 10 JS Mothers Day Stall

## From the Head of Middle School

### Dear Families and Friends

#### Once For All

It has been a great start to the year and I am so thankful to the Emmaus community for welcoming me in with open arms. I have thoroughly enjoyed getting to know staff, students and families and gain a greater appreciation for the special culture this amazing community has. The source of our community's tremendous sense of purpose and belonging is founded in Jesus.

As we get closer to Easter, I encourage you to take the time over a meal to discuss the significance of Easter to your life and that of your family. In a time where things around us are so rushed and temporary, we have hope in a cornerstone that is strong, reliable, unchanging and everlasting. In fact, we have full assurance of the completeness of what Jesus achieved at that first Easter. In **Hebrews 10:10** we read how, "we have been made holy through the sacrifice of the body of Jesus Christ **once for all**". This was no temporary fix or patch up job. Jesus' work at the cross has fully and completely restored us as children of our loving and good God. He desires rich and meaningful relationship with us and went to every effort to make this possible through Jesus. It was so complete that Jesus did something to symbolize this that no other a Jewish high priest would ever do.



**He sat (Hebrews 10:12).**

*Priests did their work standing as a symbol that their work was never finished, that sacrifices were always required. The tabernacle and temple didn't even have seats! Jesus was different. When you read the Easter story, sit, and listen to his final words at the cross (John 19:30).*

And in response, "let us draw near to God with a sincere heart in full assurance of faith...Let us hold unwaveringly to the hope we profess....And let us consider how we may spur one another on toward love and good deeds." **Hebrews 10:22-24**

If you are new to our community or have never really experienced the true meaning of Easter and the hope we have in Jesus, I encourage you to attend one of the many Easter services occurring in local churches. Ask what this all means for you and your family living in 2019 and open your heart to receive a gift more special and more sweet than chocolate.

God bless

**Jonathan Carpenter**  
**Head of Middle School**

Weekly Coffee Connect  
Tuesday Morning  
8.45am - 9.45am

Weekly Prayer Connect  
Thursday Morning  
8.45am - 9.15am

## Lost Property

All lost property is currently on a clothes rack outside Student Services. Please check at Student Services for other valuable items.

Any articles not claimed by the end of this Term will be given to the Uniform Shop, First Aid or donated to Charity.

## Middle School

Recently the Year 7's were saddened to learn that their camp had been postponed until Week 4, Term 2. They handled the news with such grace and positivity that the Year 7 Teachers decided to devote an afternoon to some fun, community-building activities. They walked to a local park where they enjoyed sharing snacks and playing party games together. The Year 7's are very much looking forward to their camp next term.



Year 7 Teachers

## Launch News

### Computational and Algorithmic Competition with the Australian Mathematics Trust

The Computational and Algorithmic Thinking (CAT) competition is a one-hour problem-solving competition designed to encourage student curiosity and promote multiple modes of thinking. Just under 20 Emmaus students from Year 5 to Year 10 competed in the competition on Tuesday 2 April.

### Debating News

Emmaus has registered 10 teams with over 50 students participating from Year 5 to Year 10 in the DebatingSA competition. Teams will be competing against other Adelaide schools at Pulteney, Adelaide High and Nazareth Catholic College over the next two terms. Training began this week.

A huge thank you to our wonderful coaches, Jenna Pierobon, Maria Zucco, Jeremy Coggins, Carolyn Hull, Michelle Coppins and Sarah Burrow.

**Susanne Milne**

Launch Coordinator (F-Year 10)

## First Aid

### Students Feeling Sick at School

First Aid Staff would like to remind all parents and students that any student feeling unwell at school and needing to go home must **FIRST REPORT TO THE FIRST AID ROOM**.

Where a student is too sick to remain at school, First Aid Staff will contact parents and arrange for them to be collected. Students are **NOT** to phone parents from their own mobile phones to be collected. If your child is unwell prior to school, we would urge you to keep them home until they have recovered.

We would appreciate it if parents would support the school in this matter. If your son or daughter phones you from their own mobile phone to be collected, please ask them if they have reported to First Aid. If they have not, please instruct them to report to First Aid and wait there to be collected.

Thank you for your assistance.

**Ros Argent and Maria McIver**  
First Aid Officers

## College News

### Casual Day - Friday 12 April

A gold coin donation is requested from students and staff who wish to participate. All proceeds from this day will go towards Pitjantjatjara Bible Translation project.

Please note: Appropriate dress is ESSENTIAL.

NO inappropriate slogans on T-shirts, NO low-cut, strappy or midriff tops, NO see through clothing, NO short shorts and NO thong-type shoes allowed. This is particularly relevant to 'Home Ec' and 'Tech' lessons where this becomes a safety issue.



## Uniform Shop

### New Winter Item

We have introduced a College scarf with our school colours. This is the only scarf that is permitted to be worn with the school uniform and is an optional item. The scarf sells for \$20.

### Uniform Sale

Most of you would be aware of the refreshment of our College logo, as a result the uniform shop is having a SALE!

The 'old logo' can be worn until the end of 2023, giving the items time to 'wear out'.

All items with the following coloured 'old logo' have been reduced by 30%.



#### Currently in stock:

Blazers - various sizes

Navy Jumpers - all sizes EXCEPT size 16

Rugby Jumpers - all sizes

Track Pants (only Middle and Senior sizes)

Shorts (navy with gold piping) size 2, XS, S, M

Polo Top - sizes 2, 18, 20, 22, 24

Jackets - sizes 2, 4, 10, 14Y, XS, L, XL

As the items have been purchased at a reduced price, these items cannot be sold through the Second Hand Shop.

If you need any assistance, please contact me via [email](#) or by phone 8292 3810 (direct).

### School Holiday Opening Hours

Week 1	<b>Closed</b>		
Week 2	Wednesday	24 April	11.00am - 4.00pm
	Thursday	25 April	<b>Closed (Anzac Day)</b>
	Friday	26 April	9.00am - 1.30pm

### 2019 Normal Opening Hours

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

**Christine Blom-Cursaro**  
Uniform Shop Manager

## Canteen Roster

### Week 11 T1

Thu 11	No help needed
Fri 12	Katherine Papazoglou

### Week 1 T2

Mon 29	<b>Student Free Day</b>
Tue 30	<b>HELP NEEDED</b>
Wed 1 May	<b>HELP NEEDED</b>
Thu 2	No help needed
Fri 3	Nancy Pantelis

### Week 2 T2

Mon 6	No help needed
Tue 7	No help needed
Wed 8	Sam Allison
Thu 9	No help needed
Fri 10	Karen Baker

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 collect 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.

**Sharon Hughes**  
Canteen Manager

## Student Wellbeing Coordinator

One initiative of the Wellbeing Team is to run community programs during lunch breaks that offer students an opportunity to engage in friendship, fun and food. This week we would love to share a bit about these groups with you.

### Connection Girls

With the help of Mrs Edwards and female leaders from Year 11 and 12, we have been running fortnightly Connection Girls events for our Year 7-10 female students. Our events have included picnics, newspaper dress up competitions (see picture below) and an Easter egg hunt- all with a focus on having fun and getting to know girls from different year levels. We have had an amazing turn out at each event, so if you have a daughter in Year 7-10, please encourage her to come along to our Term 2 Connection Girls events!

### T.I.F Girls

With the help of Mrs Milne and Mrs Strybos, we have been running fortnightly T.I.F Girls events for our Year 5-6 girls. T.I.F Girls stands for The Ideal Friendly Girl and we put a big emphasis on learning how to be encouraging, kind and loving toward one another in friendships. Some of our events have included a talent show, eating cereal and watching a fun show together, and a newspaper dress up competition as well (see pictures below). It's been a very fun term of building friendships, so if you have a daughter in Year 5 or 6, please encourage her to get involved!

### Connection Boys

With a focus on building friendships and healthy bonds between boys in different year levels, and with the help of Mr Squire, Mr Mills and male leaders from Year 11 and 12, Mr Wood has run Boys Connections in Term 1. Their favourite event so far has been playing Mario Kart together on the big screen in the EPAC, where they raced to see who could play and eat the fastest. They have some great events planned for Term 2, so if you have a son in Year 7-10, please encourage him to come along!

We love these lunch time groups and the part they play in promoting wellbeing in our community.



**Kat Clark**  
Student Wellbeing Coordinator

## Holiday Activities

### Touch-a-Truck

Touch-a-Truck will be held at Marion Sports and Community Club Oval, 262-264 Sturt Road, Marion, from 9am - 12noon on Tuesday 16 April. Children big and small can get up close, climb on and sit inside vehicles of all shapes and sizes when Marion's first Touch-a-Truck event rolls into town. This City of Marion FREE event is an opportunity for parents, grandparents, caregivers and children to get up close and personal with more than 30 trucks on display. You will get to see excavators, cranes, tippers, ambulances, classic cars, street sweepers, police and army vehicles. There will also be free activities for children including bouncy castles, a dig for dinosaurs game and a Lego and Duplo play area. Barbecue lunches will be available for purchase, two coffee vans and the Sports Club will sell meals and snacks. Car parking is available on site and street parking on Norfolk Road. For more information about Touch-a-Truck please go to their website [marion.sa.gov.au/touch-a-truck](http://marion.sa.gov.au/touch-a-truck)

### Edwardstown Football Club

Edwardstown Football Club are welcoming new players - all ages - Auskick to U16's, girls and boys. For more information contact [edwardstownfcjuniors@gmail.com](mailto:edwardstownfcjuniors@gmail.com)

## Marion Vacation Care

Marion Vacation Care is available for April School Holidays. Please contact Robyn Shanahan on 0481 187 627 for further information.

## South Australian Youth Week 2019

Marion Cultural Centre are holding a week of events. Please refer to their website for further information [www.marion.sa.gov.au](http://www.marion.sa.gov.au)

## Fuzzball Tennis Coaching - School Holiday Sessions

Fuzzball Tennis Coaching believes that the 3 BIG WORDS of tennis are Footwork, Technique and Concentration.

These 3 elements need to be put together in each shot you play and offers you the opportunity to learn and practice these fundamentals.

They offer groups for all ages and abilities. So you can learn and practice faster, they have developed a unique coaching program

Head Coach, Marcus Pett, is a qualified and experienced international tennis coach. Fuzzball Tennis Coaching enables players of all ages and skill levels to play like the pros. From 9am - 11am every weekday during the holidays.

Places are limited, so book now. Marcus Pett 0452 212 055, Jo Overbeek 0451 133 358 [fuzzballtennis.com](http://fuzzballtennis.com)

## Languages Alive!

Languages Alive! is a program of engaging and highly interactive language and cultural experiences for F-7 students. Delivered by highly proficient speakers of the relevant language, the program will run during the April school holidays in metropolitan and country locations. Various workshops will be held at each location, exploring a range of languages including Italian, Chinese, Japanese, Indonesian and French.

For further details [www.ticketbo.com.au/languagesalive](http://www.ticketbo.com.au/languagesalive)

\* Indicates items free of certain additives (see over page for list)  
 GF Indicates Gluten Free Products  
 V Indicates Vegetarian

## CURRIES

	<b>MONDAYS ONLY</b>	
Dahl		5.00
Lamb Rogan Josh with rice		5.00
Beef Masaman with rice		5.00

## SUSHI GF

	<b>WEDNESDAY ONLY</b>	
Smoked Salmon /Teriyaki Chicken/Cooked Tuna		2.50
Vegetarian /California Rolls		2.50
Soy Sauce		.10

## WEDNESDAY ONLY

Butter Chicken with Rice GF contains almond meal	5.00
Malaysian Chicken with Rice GF	5.00

## ½ VIETNAMESE ROLL

	<b>THURSDAY ONLY</b>	
Please give an alternative on lunch order bag	2.50	
Thai chicken / Butter Chicken contains almond meal		
Roast Pork / Tofu V		

## CROISSANT ORDERS ONLY

*(Please indicate toasted or fresh)*

Ham and Cheese croissant (75g)	3.50
Cheese and tomato croissant (75g)	3.50

## BAGUETTES (White or Wholemeal)

Meatballs, tomato sauce, lettuce, grated cheese <b>ORDERS ONLY</b>	3.50
Falafel, carrot, lettuce, mayo V <b>ORDERS ONLY</b>	3.50
Chilli chicken strip, carrot, lettuce, mayo	3.50
Chicken schnitzel 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 or gluten free

Buttered	1.20
Vegemite	1.60
Light Cheese*	3.00
Salad: lettuce, cucumber, tomato, grated carrot, mayo	3.70
Meat: Chicken* or Ham	3.70
Light Cheese and salad*	4.20
Meat: Chicken* or Ham and salad	4.20
*Salad=lettuce, cucumber, tomato, grated carrot, mayo	
GF bread is available. MARK clearly on lunch order.	0.50

## WRAPS - ORDERS ONLY

Chicken & salad*	4.20
Chilli chicken strips, lettuce, carrot, mayo	4.20
Chicken Schnitzel strips, carrot, lettuce, mayo* Falafel, carrot, lettuce, mayo V	4.20
*Salad=lettuce, cucumber, tomato, grated carrot, mayo	4.20

## EXTRAS

Spoon/Fork	.10
Mayo*	.20
Tomato Sauce*	.20
Light cheese slice*	.50
Salad item*	.50
(lettuce or cucumber or tomato or grated carrot)	

## HOT FOOD ORDERS ONLY

Spaghetti Bolognese	4.50
Vegetarian Lasagne	4.50
Vegetarian spring roll* <b>ORDERS ONLY</b>	1.00
Garlic Bread (9 inch)	2.00
Pizza: Ham & Pineapple/Cheese & Bacon	2.00
Potato wedges (about 150g)	2.00
Hot dog NO sauce	3.50
Hot dog WITH sauce	3.70
Light pie	3.70
Light potato pie	3.70
Light pizza pie	3.70
Light Sausage roll	3.70
Spinach and cheese roll	3.70
Wholemeal Meat Pasty <b>ORDERS ONLY</b>	4.50
Wholemeal vegetarian Cornish pasty <b>ORDERS ONLY</b>	4.50
Gluten Free Sausage Roll	4.50
Tomato sauce*	.20

## BURGERS - ORDERS ONLY

Vegetarian: Vegetarian patty, carrot, tomato, cucumber, lettuce, mayo	4.20
Beef: Beef patty, lettuce, mayo, tomato sauce*	4.20
Chicken: Crumbed chicken patty, lettuce, mayo*	4.20

GF is available in the chicken with GF bread.

MARK clearly on lunch order. 4.50

## SNACKS

3 Jatz biscuits*	0.30
Fruit strap*GF	0.50
Grainwaves	1.00
Chips: plain*, honey soy, veg chips GF	1.00
Fruit in season*	1.20
Light choc muffin	1.70
Gingerbread kids	1.60
Banana bread*	2.00

## ICEBLOCKS OVER THE COUNTER ONLY

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

## DRINKS

500ml Thank You Water*	1.50
600ml NU Light Sparkling water	1.50
250ml Harvey Fresh (Apple, Apple Blackcurrant, Orange*)	1.50
250ml Up & Go (Chocolate*/Strawberry*/Vanilla*)	2.00
250ml Oak Strawberry*/Chocolate*	2.00
450ml Golden Circle (Apple/Orange Apple Blackcurrant)*	2.20

# Canteen Procedures and Rules – 2019

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

## 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 ice blocks. 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, chicken burgers and spaghetti.

## 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.

## 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