

Next College Newsletter: Wed 3rd May 2017
 Please email your articles to: newsletter@emmauscc.sa.edu.au

Important Dates

THURSDAY 13th APRIL
CASUAL DAY
GOLD COIN DONATION
 With funds going towards the
 Wycliffe Bible Translators

April

Thu 13th

Casual Day

End of Term (normal finish time)

May

Mon 1st

Student Free Day

Tue 2nd

Term 2 Commences

Fri 5th

Yr 3-7 SACSA Athletics Carnival @
 Santos Stadium

'Let there be Coffee' Coffee Van in
 JS area 2.30pm - 3.30pm

Fri 5th - Sun 7th

'Generations in Jazz' in Mount
 Gambier

Mon 8th - Fri 12th

Reception Water Safety Education
 Week

Tue 9th

Yrs 7-12 Parent/Teacher Interviews
 3.30pm - 8.30pm

Tue 9th - Thu 11th

NAPLAN Yrs 3, 5, 7 & 9

Wed 10th

Yrs 7-12 Parent/Teacher Interviews
 3.30pm - 5.30pm

2017 Term Dates

Term 1

Mon 30 Jan - Thu 13 Apr

Term 2

Tue 2 May - Fri 7 Jul

Term 3

Wed 26 Jul - Fri 29 Sep

Term 4

Mon 16 Oct - Wed 6 Dec

(Term dates subject to change)

Weekly Coffee Connect
 Tuesday Morning
 9.00am - 10.00am



Weekly Prayer Connect
 Thursday Morning
 8.30am - 9.00am



From the Principal

Dear Friends and Families

In the lead up to Easter I would like to share with you a small excerpt from Dallas Willard's book 'Knowing Christ Today: Why We Can Trust Spiritual Knowledge'.

"How are we to think about Jesus's presence today? No doubt volumes could be written on that question, and have been. But the simple fact is that Jesus Christ is present in this world, the only world we have, and in many ways. His teachings, even mangled and broken, have an incredible power to disrupt human systems, including the ones that claim to own him. He is the misfit and thus is available to all who would seek him. His crucifixion and resurrection announce the end of human systems and stand in judgment over them. He is the man on the cross calling us to join him there. He makes himself available to individuals who hear of him and seek him. In many forms both inside and outside the church, with its traditions, symbolisms, and literature, he is simply here among us. He is in his people, but he does not allow himself to be boxed in by them. He calls to us by just being here in our midst."

May we all find comfort in the knowledge that the crucifixion and resurrection Easter represents reminds us that Jesus is indeed present in our world today, and here among us. He is "available to individuals who seek Him".

Board Retreat

On Saturday 1st April the Emmaus Board met for the Annual Board retreat. In the planning stage leading up to the day one Board member mentioned that the word 'retreat' suggested that they were in for a real 'treat' possibly involving activities such as kayaking or bushwalking! In reality our dedicated Board members gathered at the College to participate in Holy Communion together; a time of sharing and reflecting on scripture; and ample time in prayer. The time concluded with some input and reflection on the important elements of effective Governance assisting the Emmaus Board to continue to lead the College well into the next season ahead. Below is a list of some key scripture shared and reflected on during the day:

Isaiah 6:8

John 12:21

Philippians 4:6-9

Psalms 139:13-16

1 Peter 1:3-9

James 1:2-13

Psalms 119:9

Psalms 46:10

Emmaus Autumn Cabaret Evening

The evening of Friday 31st March saw the Emmaus Performing Arts Centre full with over 100 friends and families enjoying an evening of fine music and entertainment. A wide range of Emmaus music groups and soloists performed over the evening entertaining guests. The evening raised funds to support Emmaus students attending the 'Generations in Jazz' event in Mount Gambier early next Term. I would like to personally thank the Emmaus Staff and ECG (Emmaus Connect Group) participants for their planning and work before, during and after the evening. Please see below photos taken at this wonderful community building event.



Brooklyn Park Update

Steady progress is being made towards the establishment of the Emmaus campus in Brooklyn Park, with the ELC still planned to commence later in 2018, followed by Primary Years education from 2019. Work is now intensifying towards obtaining the various Government approvals required which we are seeking to have in place by September 2017. Simultaneous work is being undertaken with the Uniting Church Synod in relation to finalising the acquisition arrangements and layout across the entire site. Now is the time to plan well for future traffic flow and parking arrangements on this new site, something we are certainly not leaving to chance!

In the coming months Emmaus will also commence the important process of promoting the new Emmaus campus to families in the western suburbs in a wide range of ways. It is fascinating to note the considerable enrolment interest this new campus has already generated in the community even prior to formally commencing this part of the process! With respect to marketing and promotion of the new campus, it is with much pleasure I share with the Emmaus community that Mrs Sonia Wood will be joining our team of staff from the beginning of Term two overseeing the Brooklyn Park marketing campaign, and subsequently across the entire College. Sonia and her husband worship at Edwardstown Baptist Church with their two daughters who are enrolled to commence at Emmaus once reaching school age (the eldest to start in Reception in 2018). Sonia joins Emmaus with over 11 years experience in marketing, promotions and campaign coordination, with the last 5 years as a Marketing Coordinator at Adelaide University. Please pray for Sonia and her family as they enter a new season at Emmaus.

Drop off/Pick up – Lynton Avenue

Student safety and traffic congestion continues to be a concern generally around the College during drop off and pick up times, especially on Lynton Avenue. I ask that parents please carefully respect all the signage regarding where to park (or not park!) around the College, and please do not obstruct resident driveways at any time. As of today new signage has been placed along Lynton Avenue explaining the new rules for this area. In brief between 8.00am – 9.00am and 3.00pm – 4.00pm this is designated for 2 minute drop off or pick up only, and drivers must remain with their vehicles during this entire time (not leave their vehicle in search for their child). If you need to enter the school, or wait an extended time (greater than 2 minutes) for your child to exit the school, please DO NOT use this area. **This is an 'express' drop off/pick up zone ONLY.** With such limited space available, we need to maximise the efficiency of this area as there are no other alternatives available to improve the congestion, hence student safety, in this area. Thank you in anticipation of your support and cooperation.

Blessings,

Andrew Linke
Principal

Lost Property

All lost property is currently on a clothes rack outside Student Services.

Please check at Student Services for valuable items such as watches, spectacles, purses/wallets, jewellery and more. Any articles not claimed by the end of this Term will be either given to the Uniform Shop, First Aid or donated to Charity.

Junior School News

Junior School has had a very busy but successful Term. Upon reflection it has been a Term where we have seen relationships forming between students, teachers and parents and of course our children being involved in their learning. We would like to thank parents who continue to uphold our College in prayer regularly. I wish you all a happy holiday break as we remember the sacrifice that Christ made for each of us and celebrate His resurrection. Whatever your plans for this time, I trust they will be filled with enjoyment as a family and you are all kept safe in your journeys.

Parents Day and Grandparents Day

Junior School students warmly welcomed their Parents last week and Grandparents and special friends to the College this week for these significant annual events. The celebrations began with a special concert featuring the three Junior School choirs. Nikki Meinel did an excellent job showcasing the students' musical talents. After the concert the grandparents were treated to a lovely afternoon tea prepared by the Year 10 catering group and served by Ben Squire's Year 9 students. Time was then spent with students on creative activities in the classrooms by both parents and grandparents. A wonderful time was had by all! Thank you to all who attended!

Easter in the Mall

This week we have had our Year 3/4 and 5/6 choirs involved with Easter in the Mall. This is organised through Christian Schools Australia and was a wonderful opportunity to share the true message of Easter through music and song. It was really great to be amongst the shoppers and those enjoying a lunch break and to be able to bring a smile to their day as well as sharing our faith in Rundle Mall.

Primary School Theme for Term 1 2017

God is Good all the Time. Anzac and Easter. Week 11 Bible Verse *'For God did not love us or choose us for anything in us; it was simply because He loves us'.* **Deuteronomy 7:7-8**

Annette Craven
Head of Junior School

College News

Casual Day - Thursday 13th April

Money raised from gold coin donations on this day will go towards 'Wycliffe Bible Translators' who are translating the Old Testament into the Pitjantjatjara language.

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' & 'Tech' lessons where this becomes a safety issue.

Music

Performing Arts Calendar 2017

| | | | |
|--------|---------|---|--|
| Term 2 | Week 1 | Friday 5 th - Sunday 7 th May | Generations in Jazz at Mount Gambier |
| | Week 6 | Monday 5 th & Tuesday 6 th June | Year 12 Play |
| | Week 6 | Thursday 8 th June | Winter Instrumental Evening @ 7.00pm in EPAC |
| | Week 9 | Wednesday 28 th June | JS Music Showcase @ 7.00pm in EPAC |
| | Week 10 | Tuesday 4 th July | MS/SS Music Showcase @ 7.00pm in EPAC |
| Term 3 | Week 1 | Wednesday 26 th - Friday 28 th July | MS/SS Musical |
| | Week 3 | Tuesday 8 th August | Tuesday on Flinders Concert |
| | Week 7 | Thursday 7 th September | Spring Instrumental Evening @ 7.00pm in EPAC |
| Term 4 | Week 6 | Tuesday 28 th November | Yr 5/6 Battle of the Bands Concert |

Andrew Verco
Music Coordinator

Student Wellbeing Coordinator

Rituals

I would like to wish all our Emmaus families a blessed and Happy Easter.

With the school holidays on our doorstep, may I remind families what a perfect opportunity they have to create lasting memories and to build some important family routines and rituals into their family unit! You may be going away this holiday, or like my family you may just be holidaying at home, it does not really matter.

Whether it is attending Easter services, cooking together, fishing, camping, reading shared books, eating Easter treats or just having lazy days together in your PJ's, rituals form an important part of family life and it is never too late to start.

The American Psychological society suggests that *"Family routines and rituals are important to the health and well-being of today's families trying to meet the busy demands of juggling work and home, according to a review of the research over the past 50 years. The review finds that family routines and rituals are powerful organizers of family life that offer stability during times of stress and transition."*

According to the blog Essential Kids *"Studies show that happy families not only have treasured traditions, they constantly evolve new ones that help them find their way through the inevitable changes of growing up. Rituals bring a degree of predictability and certainty to something uncertain. They direct our anticipation in a positive direction and prime our brains to make the most of whatever we are about to experience."*

Not sure which rituals to have or how to start a new one, go to <http://www.mumtastic.com.au/parenting/614109-21-fun-family-rituals-really-important/#/slide/1> to get you started.

Enjoy your holiday break.

Sue Chapman

Uniform Shop

Winter Uniform - Terms 2 & 3

Please refer to the Uniform Booklet, found on the Emmaus website for details concerning winter uniform for your child's Year group. Make sure your child's winter uniform still fits and is in good condition.

2017 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

Holiday Opening Hours

The opening hours during the school holidays are:

Week 1 CLOSED
Week 2 Thu 11.00am - 4.00pm
Fri 9.00am - 1.30pm

Monday 1st May (*student free day*) normal opening hours (as above)

Christine Blom-Cursaro
Uniform Shop Manager

First Aid

Anaphylaxis and Food Allergy Awareness

Food Allergy Week organised by Allergy & Anaphylaxis Australia will be held from 14th to 20th May, 2017.

Food Allergy Week is an important initiative that aims to increase awareness of food allergy in the community in an effort to promote understanding and help protect those at risk, whilst allowing them to have a good quality of life.

Australia has one of the highest reported incidences of food allergies in the world, and the numbers are growing at an alarming rate. Statistics show that one in ten babies born in Australia today will develop a food allergy.

An allergic reaction can quickly become life threatening and people can die from food allergies. While the risk cannot be removed, it can be managed.

It is up to all of us to be allergy aware – to know how to minimise the risk of a reaction, to know what to do if a reaction happens and to understand and support family, friends and colleagues living with food allergies.

Please take the time to read the attached information, 'What is Anaphylaxis' and 'Food Allergy Basics'.

Key messages promoted by Allergy and Anaphylaxis Australia are:

AWARENESS

AVOIDANCE

ACTION - Anaphylaxis is a medical emergency

For further information about food allergies and anaphylaxis please visit the websites below or contact one of the First Aid Officers at Emmaus Christian College.

Allergy & Anaphylaxis Australia - www.foodallergyaware.com.au

ASCIA (Australasian Society of Clinical Immunology and Allergy) - www.allergy.org.au

Ros Argent & Maria McIver
First Aid Officers

Community News

Nacel

Every year Nacel welcomes to Australia hundreds of high school students (both boys and girls between 15-17 years of age) from France, Italy, Germany and Spain to experience life in an Australian school and live with an Australian host family. Nacel are looking for families to host a French student from 21st June - 25th August and a Spanish student from 17th July - 23rd September. They provide a \$300.00 Coles voucher on a monthly basis to families and comprehensive insurance with 24/7 support to students whilst on the program. Further information about Nacel can be found at nacel.com.au

Canteen Roster

Week 11 T1

| | |
|----------------------|-----------------------|
| Thu 13 th | Nancy Pantelis |
| Fri 14 th | Public Holiday |

Week 1 T2

| | |
|-------------------------|-------------------------|
| Mon 1 st May | Student Free Day |
| Tue 2 nd | No help needed |
| Wed 3 rd | Wei Wei |
| Thu 4 th | No help needed |
| Fri 5 th | Gina Smith |

Week 2 T2

| | |
|----------------------|----------------|
| Mon 8 th | No help needed |
| Tue 9 th | No help needed |
| Wed 10 th | Sam Allison |
| Thu 11 th | No help needed |
| Fri 12 th | Tam Battersby |

Week 3 T2

| | |
|----------------------|----------------|
| Mon 15 th | No help needed |
| Tue 16 th | No help needed |
| Wed 17 th | Alisa Wenzel |
| Thu 18 th | No help needed |
| Fri 19 th | Mandy Nield |

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 & Sharon Hughes

Careers Corner

Work experience, which is embedded into all VET courses, offers a fantastic opportunity for students to apply the practical aspects of their course. It also provides the students with a 'hands on' feel of what it is like to work in their field of study/chosen career path.

I would like to wish all the VET students the very best as they embark on work experience these school holidays. I am available to mentor and support the students throughout their entire work experience week. I also get to see them in action as I conduct the site visits, which is a really enjoyable aspect of my job.

Please note that Year 10 students have work experience in Term 2 and Year 11 students in Term 3. However, if your child would like to complete more than one week's work experience, school holidays provide the perfect opportunity for them to have a look at different careers. It can also assist your child when deciding on a career pathway they would like to pursue or VET course they might like to study.

Please contact me if you have any VET queries.

Cathy Torjul
VET Co-ordinator

Holiday Activities

Warriparinga Youth Event - Living Kaurna Cultural Centre

Situated on Warriparinga Way (off Sturt Road), Bedford Park, City of Marion are presenting two events for ages 10 - 22, with free lunch provided:

Wednesday 19th April, 9.30am - 3.00pm

Fire/Yarning Circle, Cooking with Katherine (Australian Wattlebush Catering), Art

Friday 28th April, 9.30am - 3.00pm

Uncle Moogy (Carving, Boomerang Throwing & Spear Throwing), Southern Elders Weavers

Bookings are essential, telephone 8357 5900.

'Life. Be in it.' Come 'n Try

An initiative of Adelaide City Council, presented by 'Life. Be in it' and seeks to encourage 5 to 16 year olds to get active by trying an exciting new sport or recreational activity during the school holidays. It will take place during the second week of the holidays, Monday 24th April - Friday 28th April in the Adelaide CBD and Park Lands. For more information and bookings visit www.comentry.com.au

Australian Sports Camps

Learn new skills and improve your game! Australian Sports Camps (ASC) are offering 3 day sports camps for 6 to 16 year old boys and girls. AFL Football, Basketball, Netball and Soccer Camps are available at Westminster School from Wednesday 26th April to Friday 28th April 2017. Their structured skill development programs are delivered by a panel of experienced and talented coaches. For further information go to australiansportscamps.com.au or telephone ASC on 1300 914 368.

Marion Cultural Centre - Holiday Activities for Young Ones

Mickster The Trickster - one of SA's leading children's entertainers presents his new educational comedy magic show '*Einstein the Magic Bookworm*'. Mickster takes the audience on a fun and interactive adventure where they will meet fun and quirky characters including Marshmallow and Vanilla the magic doves, Lilly the counting ladybug, Cosmo the colourful clown and Einstein the Magic Bookworm. Wednesday 19th April at 11.00am. Tickets \$10.00.

Tales of Adventure - Fantasy, danger, excitement, laughs and mystery await those brave enough to join adventurer Cornelius, latest caretaker of leather-bound tome '*Tales of Adventure*'. This mysterious book has a mind of its own. Watch your characters and their world come to life as your imagination powers this interactive improvised story.

Thursday 27th April at 11.00am. Tickets \$10.00.

All children must be accompanied by a paying adult. For further information phone 8375 6600.



1.

What is Anaphylaxis?

Anaphylaxis is the most severe form of allergic reaction and is potentially life threatening. It must be treated as a medical emergency, requiring immediate treatment and urgent medical attention.

Anaphylaxis is a generalised allergic reaction, which often involves more than one body system (e.g. skin, respiratory, gastro-intestinal, cardiovascular). A severe allergic reaction usually occurs within 20 minutes of exposure to the trigger and can rapidly become life threatening.

WHAT CAUSES ANAPHYLAXIS?

Common triggers of anaphylaxis include:

FOOD

Milk, eggs, peanuts, tree nuts, sesame, fish, shellfish, wheat and soy are the most common food triggers, which cause 90% of allergic reactions, however, any food can trigger anaphylaxis. It is important to understand that even small amounts of food can cause a life-threatening reaction.

BITES/STINGS

Bee, wasp and ant stings are the most common causes of anaphylaxis to insect stings. Ticks and fire ants also cause anaphylaxis in susceptible individuals.

MEDICATION

Medications, both over the counter and prescribed, can cause life threatening allergic reactions. Individuals can also have anaphylactic reactions to herbal or 'alternative' medicines.

OTHER

Other triggers such as latex or exercise induced anaphylaxis are less common and occasionally the trigger cannot be identified despite extensive investigation.

SIGNS AND SYMPTOMS

The signs and symptoms of anaphylaxis usually occur within the first 20 minutes to 2 hours after exposure. Rapid onset and development of potentially life threatening symptoms are characteristic markers of anaphylaxis.

Allergic symptoms may initially appear mild or moderate but can progress rapidly. The most severe allergic reactions involve the respiratory system (breathing) and/or cardiovascular system (heart and blood pressure).

ACN 159 809 051

www.allergyfacts.org.au

A&AA[®] 2012



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2.

What is Anaphylaxis?

COMMON SYMPTOMS

Mild to moderate allergic reaction

- Tingling of the mouth
- Hives, welts or body redness
- Swelling of the face, lips, eyes
- Vomiting, abdominal pain

Severe allergic reaction- ANAPHYLAXIS

- Difficult/noisy breathing
- Swelling of the tongue
- Swelling or tightness in the throat
- Difficulty talking or hoarse voice
- Wheeze or persistent cough
- Persistent dizziness or collapse
- Pale and floppy (young children)



Hives

DIAGNOSIS

A person who is suspected of having a food allergy should obtain a referral to see an allergy specialist for correct diagnosis, advice on preventative management and emergency treatment. Those diagnosed with severe food or insect allergy must carry emergency medication as prescribed as well as an Action Plan for Anaphylaxis signed by their doctor. Food allergic children who have a history of eczema and/or asthma are at higher risk of severe allergic reactions. Administration of adrenaline is first line treatment of anaphylaxis.

MANAGEMENT & TREATMENT

Anaphylaxis is a preventable and treatable event. Knowing the triggers is the first step in prevention. Children and caregivers need to be educated on how to avoid food allergens and/or other triggers.

However, because accidental exposure is a reality, children and caregivers need to be able to recognise symptoms of an anaphylaxis and be prepared to administer adrenaline according to the individual's Action Plan for Anaphylaxis.

Research shows that fatalities more often occur away from home and are associated with either not using or a delay in the use of adrenaline.

In Australia, adrenaline can be purchased on the PBS in the form of autoinjectors known as the EpiPen® and Anapen®. More information on prescription is available through ASCIA www.allergy.org.au

The adrenaline autoinjectors are intramuscular injections that contain a single, pre-measured dose of adrenaline that is given for the emergency treatment of anaphylactic reactions. The devices are for use by lay people and is available in two doses, EpiPen® or EpiPen® Jr and Anapen® or Anapen® Jr.

Please consult your doctor for more information on allergic reactions, accurate diagnosis and management strategies.

ACN 159 809 051

www.allergyfacts.org.au

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What is Anaphylaxis?

Food Allergy Basics

- A food allergy is an immune system response to a food protein that the body mistakenly believes is harmful. When the individual eats food containing that protein, the immune system releases massive amounts of chemicals, triggering symptoms that can affect a person's breathing, gastrointestinal tract, skin and/or heart.
- Symptoms of food allergy can include; hives, swelling of the lips, face and eyes, swelling of the tongue, breathing difficulty, abdominal pain, vomiting or a sudden drop in blood pressure. If left untreated, these symptoms can be fatal.
- It is estimated that up to 2% of adults, 1 in 10 babies* and 6% of children have food allergy and some of them will experience a life-threatening allergic reaction (anaphylaxis).
- There are more than 170 foods known to have triggered severe allergic reactions. Examples include kiwi fruit, banana, chicken, mustard and celery.
- Currently, there is no cure for food allergy. Avoidance of the food is the only way to prevent a reaction.
- Adrenaline is the first line treatment for severe allergic reactions and can be administered via an auto-injector called the EpiPen® or the Anapen®.
- Food allergy is the leading cause of (severe reactions) anaphylaxis outside the hospital setting.
- Approximately 10 people die from anaphylactic reactions each year in Australia and some of these may have been triggered by food.

* Osborne et al. Prevalence of challenge-proven IgE-mediated food allergy using population-based sampling and predetermined challenge criteria in infants. *J Allergy Clin Immunol* 2011; 127: 668-676

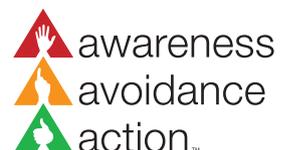
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Last updated April 2013

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Be *kind* and *un*wind.

Personal Wellbeing

Wednesday 3rd May 2017

9:30am to 2:30pm

AnglicareSA Outer Southern Hub

111 Beach Rd

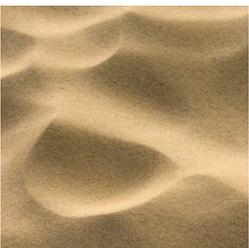
Christies Beach 5165

Lunch Provided

Gold Coin Donation

Enquiries and bookings call either Joy Ephraums
(Facilitator) or reception on 8186 8900

emotional overload ~ relaxation ~ mindfulness



ANGLICARESA

This program is funded by the Department of Social Services