

**Next College Newsletter: Wed 29<sup>th</sup> March 2017**

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

## Important Dates

### March

**Tue 14th - Thu 16th**

Yr 12 Ab Studies Camp

**Fri 17th**

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

**Tue 21st**

Australian Maths Trust Competition

**Wed 22nd**

JS Athletics Carnival @ Bowker Street Oval

**Fri 24th**

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

**Mon 27th**

Photo Day - Sibling & Catchup

**Tue 28th**

ECG Meeting in Staffroom 7.00pm

**Wed 29th - Fri 31st**

Year 7 Camp @ Wirraway

**Wed 29th**

MS/SS Principal Tour@ 9.15am

**Thu 30th**

JS Principal Tour @ 9.15am

SACSA Athletics Yr 7-12 @ Santos

**Fri 31st**

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

Autumn Cabaret Evening @ 7.00pm in EPAC

## 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



## Upcoming Principal Tours

If you have family and friends who are interested in enrolling their children at the College please draw their attention to this Term's Principal Tours which are being held on

**Wednesday 29<sup>th</sup> March (Middle & Senior) and Thursday 30<sup>th</sup> March (Junior) at 9.15am.**

Bookings are essential, please phone the College on 8292 3888 to register your place.

## From the Head of Middle School

### Dear Friends and Families

On Wednesday 1<sup>st</sup> March we celebrated our first inaugural Rite Journey Departure Programme for the Year 9 class of 2017 at Emmaus Christian College.

The evening started with a family BBQ followed by time discussing with students and their families the beginning of the process to invite students, with their parents blessing, support and encouragement, to begin the journey of moving from being a child to starting the ongoing journey into adulthood. This year in Year 9 is one of challenges, growth, discussion, reflection, responsibility, and also enjoying and celebrating life.

Parents and Caregivers spent time reflecting with their sons and daughters about their childhood and what the journey ahead might hold for them. Families then prayed together and we all invited God to come by his Holy Spirit in to the activities, events and lives of our young people.

The next morning a sunrise 'guard of honour' welcomed our emerging men and women as they walked to the top of Mount Lofty Summit to allow for time to further reflect and celebrate this journey.

Many reflected on the valuable opportunity to share with and connect with their sons and daughters, to celebrate the past and together look into the future with hope and anticipation.

Thank you to all who were involved and participated to make the event so special, significant and powerful.

**Andrew Edmondson  
Head of Middle School**



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## Junior School News

### Jump Rope for Heart

During Term 2 Junior School will run the Jump Rope for Heart Program. The launching of the fund raiser for the Heart Foundation will be in Week 8 at Assembly. The program is designed to encourage a positive attitude towards exercise, healthy eating and heart health. Skipping is a great start to developing life-long healthy habits. At the end of the program a special 'Jump Off' Day will be held to celebrate and demonstrate the skills learnt and health knowledge gained. Thank you prizes are awarded to participants for their fundraising efforts. If you have any questions regarding this program please see Caroline Wicks who is coordinating the program.

### Chromebooks

Junior School Chromebooks for Year 3 to 6 students are due to arrive over the next week. Charging stations are in each class and are now in readiness for the delivery. Teachers are continuing to learn how the Google environment will work at Emmaus. There will be an opportunity for parents to learn more about the workings of Chromebooks at a parent information night to be scheduled after their arrival.

### Primary School Theme for Term 1 2017

**God is Good all the Time. Recreation! Born of the Spirit. Being born again.** Week 7 Bible Verse *"We know that anyone born of God does not continue to sin: the one who was born of God keeps him safe, and the evil one cannot harm him."* **1 John 5:18**

**Annette Craven**  
**Head of Junior School**

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## Sporting News

### Year 3-6 Swimming Carnival

On Wednesday 1<sup>st</sup> March we held our annual Year 3 - 6 Swimming Carnival at Marion Outdoor Swimming Centre. The weather was perfect this year not a breath of wind or a cloud in the sky, students were keen to swim and give their best efforts. The house chants at the start of the day were impressive with houses including choreographed routines, catchy lyrics and plenty of colour. Competition was close all day with Topaz coming out victors in the end ahead of Ruby and Emerald. The atmosphere for the students was awesome with so many family members coming out to support, taking plenty of pictures and footage. The Emerald house consistently supported their house members all day with their yelling and chanting, this was great to observe and listen to from a distance. A big thank you to the parents/caregivers who assisted through out the day with scoring, judging and organizing students, without your help the day would not have been a success.

### SACSA Basketball

In Week 5 we had our Open and Year 8/9 Boys and Girls Basketball teams compete in the SACSA Basketball carnival at Morphett Vale Stadium. Our teams competed very well over the course of an extremely hot week and achieved some excellent results. The Open Boys and Girls teams finished 4th overall, the Year 8/9 Boys and Girls teams both finished 3rd overall, both going down narrowly in the semi finals. The teams were led very well by their captains, Jesse (Open Boys), Lucy (Open Girls), Hannah (Yr 8/9 Girls) and Paul (Year 8/9 Boys). These captains were nominated and chosen by their peers and all lead by example on and off the court. Well done to all teams!



### Rising Stars Cricket Competition

This Term we have nominated a College Cricket team to compete in a 'Rising Stars Cricket Competition' held at Camden Oval. The team play each Friday night, 4.00pm - 5.00pm and everyone has a bat, bowl, field and wicket keep. The team have played three games and have three remaining. The students have all had fun and have improved their skills gradually since starting. We could have some future Australian Cricket players in the future.

### SAPSASA District Swimming Carnival

On Friday 3<sup>rd</sup> March a number of students competed in the City South and Southern Heights District Swimming Carnival at Marion Outdoor Swimming Centre. Students nominated themselves for a maximum of three events that covered all swimming strokes for a distance of 50m. Amelia, Chelsea, Hannah and Elizabeth have been selected to represent the district and compete at State Swimming Carnival later this Term. Well done to these students and all who competed on the night.

**Daryl Porter**  
**PE, Health and Sports Coordinator Rec - Yr 12**



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## ***Employment Opportunity at Emmaus***

Emmaus is seeking a suitably qualified and experienced Christian to join the Emmaus Staff team as a:

### **College Bus Driver for before/after school bus runs during term time (38 weeks per year)**

Enquiries can be made to Ben Raw (Business Manager) by phone or email ([braw@emmauscc.sa.edu.au](mailto:braw@emmauscc.sa.edu.au))

Further details and application requirements can be found on the College website under Positions Vacant.

Please share this opportunity to become part of the Emmaus staff team with friends, family and Church associates.

**Andrew Linke**  
**Principal**

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## ***Careers Corner***

Career Expo's are a great opportunity for students to explore training, employment and career options. There are two Expo's that will be offered in Adelaide. Please find below details on both.

### **The Adelaide Careers and Employment Expo**

A leading careers, training, education and employment event in South Australia. The event offers the opportunity for students, job seekers and career changers to connect with organisations for guidance, clarity and opportunities in relation to career options.

The Adelaide event will also include the Australian Defence Force Careers Expo, showcasing all the career opportunities within the Australian Defence Force.

When: Friday 26<sup>th</sup> May 2017, 9.00am - 3.00pm *and* Saturday 27<sup>th</sup> May 2017 - 10.00am to 4.00pm

Where: Adelaide Showground

Cost: Free Admission

For more information, visit [www.careeremploymentexpo.com.au/Adelaide.html](http://www.careeremploymentexpo.com.au/Adelaide.html)

### **Tertiary Studies & Careers Expo**

The 2017 Tertiary Studies & Careers Expo Adelaide (TSCEA) offers a unique opportunity for anyone interested in starting, changing or upgrading their career! Featuring many local, interstate and overseas education providers, student services and support agencies. Do not miss this great opportunity to map out your future, all in the one location!

TSCEA offers visitors a wealth of information:

- Find out the latest careers, courses and study options available
- Advice on how to enrol
- Opportunity to speak to course admission staff
- Meet with interstate and overseas exhibitors
- Information on bursaries and scholarships
- Attend Seminar sessions
- and much more!

When: Sunday 9<sup>th</sup> April 2017, 10.00am - 4.00pm *and* Monday 10<sup>th</sup> April 2017, 9.30am - 1.30pm

Where: Adelaide Convention Centre

Cost: Free Admission

For more information, visit their website [www.careersevent.com/tscea](http://www.careersevent.com/tscea)

**Cathy Torjul**  
**VET Co-ordinator**

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## ***First Aid***

### **Asthma Checklist**

It is important for schools, teachers and parents/carers to be prepared and ensure that effective asthma management is in place for students diagnosed with asthma. Asthma Care Plans should be reviewed by a doctor every 12 months and whenever there is a change in your child's health. A blue reliever puffer and spacer should be accessible to your child while they are attending school. Please view the Back To School Checklist at the end of the newsletter to see what should be in place for the care needs of your child.

Asthma Australia provide excellent services of information and support for people living with asthma and parents caring for children diagnosed with asthma. I encourage you to take the time to contact Asthma Australia by visiting their website <http://www.asthmaaustralia.org.au/> or by FREE CALL 1800 ASTHMA (1800 278 462).

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

# Music

## Performing Arts Calendar 2017

Term 1	Week 9	Friday 31 <sup>st</sup> March	Autumn Cabaret Evening @ 7.00pm in EPAC
	Week 10	Monday 10 <sup>th</sup> April	Easter in The Mall
Term 2	Week 1	Friday 5 <sup>th</sup> - Sunday 7 <sup>th</sup> May	Generations in Jazz at Mount Gambier
	Week 6	Monday 5 <sup>th</sup> & Tuesday 6 <sup>th</sup> June	Year 12 Play
	Week 6	Thursday 8 <sup>th</sup> June	Winter Instrumental Evening @ 7.00pm in EPAC
	Week 9	Wednesday 28 <sup>th</sup> June	JS Music Showcase @ 7.00pm in EPAC
	Week 10	Tuesday 4 <sup>th</sup> July	MS/SS Music Showcase @ 7.00pm in EPAC
Term 3	Week 1	Wednesday 26 <sup>th</sup> - Friday 28 <sup>th</sup> July	MS/SS Musical
	Week 3	Tuesday 8 <sup>th</sup> August	Tuesday on Flinders Concert
	Week 7	Thursday 7 <sup>th</sup> September	Spring Instrumental Evening @ 7.00pm in EPAC
Term 4	Week 6	Tuesday 28 <sup>th</sup> November	Yr 5/6 Battle of the Bands Concert

**Andrew Verco**  
**Music Coordinator**

## Student Wellbeing Coordinator

One of the things I love about my job is that I never quite know what each day will bring! Although this can be disconcerting at times, there is never a dull moment.

So too parenting! There is never a dull moment, and just when you think you know what to expect from your children, they go and surprise you and enter another developmental stage and it is back to square one!

As a parent myself, I have always found it invaluable to talk to other parents who have 'been there' and to read articles or books to help me through some of the difficult times.

I am fortunate to have access to some excellent articles in my role here at Emmaus, please find below some of the articles and the email addresses and I hope you find them useful too:

An excellent article '*Phew! It's normal. An age by age guide for what to expect from kids and teens – and what they need from us*'  
<http://www.heysigmund.com/developmental-stage/>

If you are interested in information about Frenemies  
<http://smceducationblog.tumblr.com/post/150629869120/girls-and-their-frenemies>

For a lovely short clip about self-esteem and finding Joy with Michael Grose and Sharon Witt  
<https://imeo.m/206522868/7c211200ff>

For interesting information about children and anxiety  
[http://www.adelaidenow.com.au/lifestyle/parenting/how-a-teachers-comment-at-a-parent-interview-night-sent-me-to-therapy/news-story/ff77ae4907fbd33f42b057c97fd9fdb4?utm\\_content=SocialFlow&utm\\_campaign=EditorialSF&utm\\_source=AdelaideAdvertiser&utm\\_medium=Facebook](http://www.adelaidenow.com.au/lifestyle/parenting/how-a-teachers-comment-at-a-parent-interview-night-sent-me-to-therapy/news-story/ff77ae4907fbd33f42b057c97fd9fdb4?utm_content=SocialFlow&utm_campaign=EditorialSF&utm_source=AdelaideAdvertiser&utm_medium=Facebook)

'*Helping worried and sad Kids*'  
<http://developingminds.net.au/help-worried-and-sad-kid/>

There are a huge range of great resources available to parents. As a College we are most grateful that we can access valuable information through being a Parentingideas school. A fact sheet from Parentingideas '*Help kids change their perspective when things go wrong*' is at the end of this newsletter.

**Sue Chapman**

## Uniform Shop

### 2017 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**

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## College News

### National Science Film Making Competition

The Australian Museum is running a National Science film making competition for all Primary and Senior students. The closing date is Friday 5<sup>th</sup> May 2017. All the criteria and information needed for the competition can be found at the following website:

[https://www.australianmuseum.net.au/sleek-geeks-science?utm\\_source=Science+by+Email&utm\\_campaign=4406cb17e1-SbE\\_2017\\_03\\_03&utm\\_medium=email&utm\\_term=0\\_36b345597f-4406cb17e1-53632245](https://www.australianmuseum.net.au/sleek-geeks-science?utm_source=Science+by+Email&utm_campaign=4406cb17e1-SbE_2017_03_03&utm_medium=email&utm_term=0_36b345597f-4406cb17e1-53632245)

Alternatively, you can contact me via email at [astorey@emmauscc.sa.edu.au](mailto:astorey@emmauscc.sa.edu.au)

### Allison Storey

### Are you an Old Scholar of the College

The Emmaus Christian College Old Scholars Group invite you to a Quiz Night,

#### **'Are You Smarter than an Old Scholar?'**

The Quiz Night will be raising funds for sponsoring an old scholars-led trip to Ernabella to support the community through school holiday programs for children.

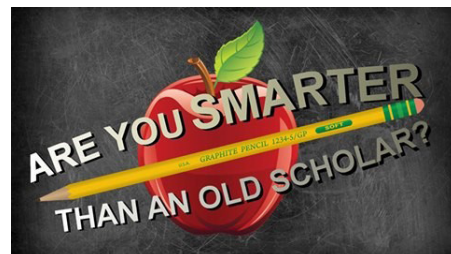
When: Saturday 8<sup>th</sup> April 2017, 7.00pm - 10.00pm

Where: Glandore Community Centre, Naldera Street, Glandore

Cost: \$10.00 per person

Details: Tables of 8 - 10 people representing your level (or adopt a friend from another level). Partners are most welcome! BYO snacks and drinks, tea and coffee will be provided. There will also be a silent auction on the night for those interested.

Tickets can be purchased online via Try Booking at [www.trybooking.com/255406](http://www.trybooking.com/255406)



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## Canteen Roster

### Week 7 T1

Thu 16<sup>th</sup>                      Rebecca Hutchinson  
Fri 17<sup>th</sup>                      Nancy Pantelis

### Week 8 T1

Mon 20<sup>th</sup>                      No help needed  
Tue 21<sup>st</sup>                      No help needed  
Wed 22<sup>nd</sup>                      Kathy Rohrlach  
Thu 23<sup>rd</sup>                      Helen Talbot  
Fri 24<sup>th</sup>                      Karen Baker

### Week 9 T1

Mon 27<sup>th</sup>                      No help needed  
Tue 28<sup>th</sup>                      No help needed  
Wed 29<sup>th</sup>                      Maria Gutteridge  
Thu 30<sup>th</sup>                      No help needed  
Fri 31<sup>st</sup>                      **HELP NEEDED**

### Week 10 T1

Mon 3<sup>rd</sup> April                      Yanti Burnett  
Tue 4<sup>th</sup>                      No help needed  
Wed 5<sup>th</sup>                      Rebecca Hutchinson  
Thu 6<sup>th</sup>                      No help needed  
Fri 7<sup>th</sup>                      Karen Ames

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

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## Community News

### Trinity Baptist Church Fair

Trinity Baptist Church in Colonel Light Gardens is holding their 'Fair' on Saturday 25<sup>th</sup> March 2017 from 9.30am to 3.00pm.

They will have many stalls including plants, books, music, dvd's, cakes, preserves, clothing and much more. There will also be entertainment, sideshows and a cafe.

### Raising Girls to become confident leaders

Dr Nicole Archard, Principal of Loreto College, Marryatville, has presented at national and international conferences on topics of gender, women and leadership, and girls' education. She has recently been conducting research on girls and STEM. She is presenting *'Raising Girls to become Confident Leaders'* on Tuesday 21<sup>st</sup> March 2017 from 7.30pm to 8.30pm at Loreto College Performing Arts Centre, 316 Portrush Road, Marryatville. Bookings - [www.trybooking.com/OSFW](http://www.trybooking.com/OSFW) or email [events@loreto.sa.edu.au](mailto:events@loreto.sa.edu.au)



Emmaus Christian College  
Presents

# Autumn Cabaret Evening

Friday 31<sup>st</sup> March 2017  
at 7pm in EPAC

- Tickets - \$10 per person
- \$30 family (2 adults, 2 children)
- \$8 Concession (pension/health care card)

Tickets available via 'Try Booking' from Mon 20<sup>th</sup> Feb

The evening includes  
cheese platters served on arrival and  
lucky chair prizes.

Cans and non-alcoholic wine for sale.

## Silent Auction

All proceeds raised will contribute towards  
'Generations in Jazz' trip to Mt Gambier.





# Back to school asthma checklist

**Asthma**  
Australia



## 1. ASTHMA ACTION PLAN

See a doctor for a signed Asthma Action Plan or Care Plan. Most schools require an up-to-date plan for each student with asthma at the start of the new school year.

Evidence tells us that using an Asthma Action Plan can help to reduce hospitalisations, improve lung function and reduce the number of days off school.

While with the doctor, why not combine this with a check-up for your child's asthma, including a check on their device technique.

## 2. RELIEVER MEDICATION

Check with the school about their medication policy and work with the staff to find the best way to manage your child's asthma medication, including before physical activity (where applicable).

- **Medication and devices are clearly labelled with your child's name**
- **Medication is in date and with sufficient medication remaining**

## 3. TALK TO SCHOOL STAFF

Make time to talk with the class teacher and the school nurse (where applicable) about your child's asthma, their Asthma Plan and their usual triggers, symptoms and medication.

Also talk to your child's sport coaches and supervisors of other school activities. Don't forget to keep staff up-to-date with any change to your child's asthma management.

### Use this valuable time to:

- Go over your child's Asthma Plan
- Discuss the signs of asthma for your child
- Show them your child's asthma medication and demonstrate how to use it
- Talk about the extent to which your child can self-manage their asthma
- Provide details of how to contact you when:
  - They have asthma symptoms
  - They use a reliever medication at school

Proud partner of Asthma Australia. [teachershealth.com.au](http://teachershealth.com.au)

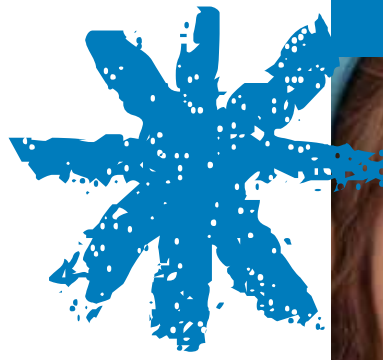


## LEARN MORE ABOUT ASTHMA.

Contact your local Asthma Foundation **1800 ASTHMA** Helpline (1800 278 462) or visit [www.asthmaaustralia.org.au](http://www.asthmaaustralia.org.au)

parenting \* ideas

# insights



## Help kids change their perspective when things go wrong



By Michael Grose

*Parents can help catastrophisers learn to change their perspective when things go wrong.*

It's natural when things go wrong to think that life will never be the same again. I recall as a teenager doing poorer than expected in my end of school exams, and missing the tertiary course I had set for myself. At the time it was such a catastrophe. I thought that there was no point taking another course – naturally, I would hate it. Of course, I undertook a teaching course, which I really enjoyed and I didn't look back.

Breaking up with a friend, losing close sports events and being on the receiving end of teasing can at the time seem like events from which we will never recover.

Catastrophising (jumping immediately to the worst possible scenario) only exaggerates kids' worries and makes them feel even more anxious. It always helps to keep your sense of proportion, but it's not easy when emotions run high. We all exaggerate our problems from time to time, particularly, when we are under stress. It takes a cool customer to moderate their thinking the whole time, but some kids are prone to jumping to the worst-case scenario, even when the events are quite minor.

If your child is a serial catastrophiser, always seeing the worst case in a

negative situation, try to change their thinking so they learn to keep things in perspective. Ask them the following questions to challenge your child's catastrophic thinking:

### **'What's the most likely scenario?'**

Sometimes it's useful to introduce a dose of old-fashioned rational thinking for those kids who always assume the worst will happen to them. 'Yep, you could break your leg if you go skiing. But the odds are that you won't.'

'You may be right, but does it really matter?' One way to help hard-core catastrophisers is to admit that they could be right, but then ask them to imagine that the worst possible scenario actually happens. Then challenge them to understand that even the worst possible scenario is not so bad after all. This is the type of reality check many kids need.

### **'Where does this fit on the disaster meter?'**

Catastrophisers tie themselves in a knot about relatively insignificant things. Okay, making a fool out of themselves when they give a talk at school may not be insignificant to kids, but there are plenty of worse things that could happen. Help them get some perspective by giving their worry a score out of ten on how important the issue really is.

### **'Is that helpful thinking?'**

Sometimes kids' thinking is so out of whack with reality that they become anxious about minor things. Thinking things such as, 'Everyone must like me,' 'I must never make a mistake' and 'Bad things always happen to me' are extreme and need to be replaced by more moderate, realistic thoughts, such as, 'It would be nice if everyone liked me but not everyone will. It's important to have some good friends.'

When children experience hardships it is helpful if parents and teachers can assist them to process what happened to them. Children are faulty observers and often have difficulty seeing the full picture particularly when they are so close to the situation. Help your child see the full picture and in doing so they may realise that things may not be as bad as they seem.

**Visit our website for more ideas and information to help you raise confident and resilient young people.**

