



NEWSLETTER

T2 Wk 5 31st May 2017

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Next College Newsletter: Wed 14th June 2017

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

Important Dates

June

Fri 2nd

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

Mon 5th

Year 12 Play in EPAC

Tue 6th

Year 12 Play in EPAC

Thu 8th

Winter Instrumental Evening in EPAC @ 7.00pm

Fri 9th

Yrs 10-12 Men. B Immunisations
'Let there be Coffee' Coffee Van in JS area 2.30pm - 3.30pm

Mon 12th

Public Holiday

Tue 13th

ICAS Writing

Wed 14th

MS/SS Principal Tour

ICAS Spelling

Thu 15th

JS Principal Tour

SACSA Netball Yr 8/9 Boys & Girls

@ Golden Grove

2017 Term Dates

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)

2018 Term Dates

Term 1

Mon 29 Jan - Fri 13 Apr

Term 2

Tue 1 May - Fri 6 Jul

Term 3

Tue 24 Jul - Fri 28 Sep

Term 4

Mon 15 Oct - Wed 5 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 14th June (Middle & Senior) and Thursday 15th June (Junior) at 9.15am.** Bookings are essential, please phone the College on 8292 3888 to register your place.

From the Head of Senior School

Dear Friends and Families

Arguably the most unique and significant aspect of our Christian faith is Grace.

When I consider the nature and working of God in my own life, it gives me cause to stop and reflect on the experience of grace on my history. A history that begins well before all of us are born. When we reflect as we get older, we can gain a full appreciation of the longitudinal favour of God's grace in our lives.

As C.S. Lewis notes, Christianity's unique contribution among the world's religions is grace. God's grace in our lives is unfailing and astonishing. As Paul explains in **Ephesians 2:8-9** "*For it is by grace you have been saved, through faith—and this is not from yourselves, it is the gift of God—not by works, so that no one can boast.*"

A counsellor, David Seamands, has come to an interesting conclusion about the two major causes of most emotional problems among Christians. These are 'the failure to understand, receive and live out God's unconditional grace and forgiveness; and the failure to give out that unconditional love, forgiveness and grace to other people.' He states that 'we read, hear and believe a good theology of grace. But that is not the way we live. The good news of the gospel has not penetrated the level of our emotions'. To read more, click [here](#).

Jesus talked about grace often. He described a world filled with God's grace: where the sun shines on people good and bad; where birds gather seeds gratis, neither ploughing nor harvesting to earn them. Jesus saw grace everywhere. Yet he never analysed or defined grace and almost never used the word. Instead, he communicated grace through his parables.

One of the most memorable parables on grace is the one about the prodigal son, as family is often a place where grace is so often needed. However, it is the image of the father who does not wait, who, with open arms runs to his son and offers him unconditional love and forgiveness, that is so unique to Jewish and our own culture. Jesus tells a story of a father publicly humiliating himself by rushing out to embrace a son who has squandered half the family fortune. There is no lecture, instead Jesus tells of the Father's exhilaration as he exclaims "*This, my son, was dead and is alive again; he was lost, and is found*" **Luke 15:24**. God's arms are always extended. We are the ones who turn away.

Jesus' parables are also a template of Jesus' life on earth. He was the God who became human to reach out to us. A poignant moment of grace for me was when Jesus was on the cross, suffering, dying, not whingeing and bitterly angry as I would have been, and he forgave one of the criminals. This is a man who was also on the verge of death, a man who had Jesus' love revealed to him unlike the other criminal. I cannot help but note that this man, as a thief, would never have studied the Bible, never attended the synagogue, had an education or be able to make amends for all those he had wronged. He simply said 'Jesus remember me' and Jesus promised "*Today you will be with me in paradise*" **Luke 23:43**. It is another reminder that grace does not depend on what we have done for God, but rather what God has done and will do for us.

This extravagant grace has to have an impact on my attitude to others: a humble awareness that God has already forgiven me a debt so huge that beside it any person's wrongs against me shrink in comparison. Who am I not to forgive, empathise, understand and love – everyone makes mistakes, everyone needs God's grace; no one deserves.

Andrea Grear
Head of Senior School

From the Board of Governors

Unfortunately over the recent school holidays Andrew Linke had some ill health. As a consequence he is having some relatively routine follow-up surgery on occasions during Term 2. We are blessed to have great staff at Emmaus, and a highly experienced and skilled leadership team, so there will be no interruptions to the effective every day functioning at school during Term 2. Mark Potter, our Deputy Principal, and Ben Raw, our Business Manager, together with our three Heads of School are able to carry on their duties and fill any gaps when Andrew is unable to be on campus.

Please keep Andrew, Helen and their family in your prayers as he continues to heal.

Andrea Ferguson
Chairperson, Emmaus Board of Governors

Junior School News

Debating 2017

The debating season is now underway, with Emmaus fielding two Junior School teams and three Middle School teams. The students are learning the wonderful art of a planned debate and then presenting their planned speeches before an audience in a competitive environment. Debating is a choreographed argument and a wonderful opportunity to learn valuable listening, writing and speaking skills. The topics can be challenging and sometimes a little obscure, eg 'That bottle flipping is a harmless craze' or 'That we should increase fines for truancy'. In our first debates, all participants were given valuable feedback on how to improve and our first-time debaters had the experience of growing in confidence as they all had a go at something new. Not every team won.... but we were so close that we are all looking forward to what the next debate will bring. Thank you to Carolyn Hull, Susanne Milne and Jeremy Coggins for their time and effort to ensure so many successful and growth experiences for our students.

CPR Training

In Week 3 all Year 3 to 6 students received basic emergency training from a Red Cross trainer. The students were taught the first aid skills to be able to respond confidently in the case of an emergency at home. One of the main components of the training were the CPR exercises which our students carried out with much enthusiasm.

da Vinci Decathlon 2017

Three teams of 8 students from Years 5, 6, 7 and 9 will be competing in the da Vinci Decathlon at St Peter's Girls School over 3 days this week. The Decathlon is an academic competition designed to challenge and stimulate the minds of students. Students compete across 10 disciplines including Mathematics and Chess, English, Science, Art and Poetry, Cartography and General Knowledge. This year's theme is 'Power'. It will be interesting for our students to engage their different 'powers' during the competition.

Junior School Theme for Term 2 2017

God is Good all the Time. Salt and Light - Making a difference. Week 5 Bible Verse - *"Let your conversation be always full of grace, seasoned with salt, so that you may know how to answer everyone."* **Colossians 4:6**

Annette Craven
Head of Junior School

Senior School News

Year 11 Camps

One of the best experiences for our students at Emmaus is the opportunity to go on camps. Term 2, Week 4 is camp week and the Year 11 students who went on the Tanunda camp experience have had a wonderful time being tourists in their own state. The start of the week was spent in Escape rooms, at Bounce, the Adelaide oval and the Great Race. This was followed up with an overnight trip to Tanunda in the Barossa Valley, including a visit to the Gorge Wildlife Park, the Whispering Wall, games and tourist activities in Tanunda, (mini golf, bowling) and a couple of brave souls went on the water feature that is part of the caravan park. Arguably, a highlight for teachers was the bakery lunch!

The other group of Year 11 students were privileged to attend a camp in Ernabella, on the APY lands. This wonderful experience is unique to Emmaus and has been part of our program for 23 years. It is a two day drive there and back and the students are invited into a closed community to experience Aboriginal culture first hand. They have many amazing experiences starting with sleeping under the stars in the Outback, seeing Uluru and being part of classes and school life. Our students experience the culture of that remote community and make a connection with the Pitjantjatjara children.

I personally believe that the camp experiences offered at Emmaus are truly irreplaceable and help enrich our students' lives in a way that is meaningful and memorable. After all, it is often these experiences at school we remember above our lessons!

Andrea Grear
Head of Senior School



College News

Debating Team Success

Well done to our five Debating Teams for their outstanding performance in the first round of debating. Emmaus had 3 wins! Congratulations to the two Year 8 teams and the Year 7 team for winning their debates. A special mention to Cameron, Year 8 for winning debater of the evening. Thank you to all parents for their support and to the coaches, Mr Jeremy Coggins, Miss Sarah Burrow and Mrs Carolyn Hull for their guidance.

Mrs Milne

Year 12 Play - 'The Real Inspector Hound'



The title of '*The Real Inspector Hound*' plays out like a random dream. Stoppard's play is an example of absurdism as well as farce, parody, and satire. The play is a direct reference to the ending of *The Mousetrap*, a play well known for guarding the secrecy of its' twist ending.

Our Year 12 Drama students perform in this play on Monday 5th June at 7.00pm and Tuesday 6th June at 7.00pm in Emmaus Christian College Performing Arts Centre. Come along and see if you can work out who is '*The Real Inspector Hound*'.

Tickets are available though Emmaus Website 'Events'. Cost of tickets, Adult \$10.00, Concession \$8.00

Cathie Meaney

First Aid

First Aid for Burns

With the use of fire places and heaters and the consumption of more hot drinks and soup during the winter months, there is an increased risk of burn injuries.

To minimize the severity of a burn, reduce the risk of infection and to promote healing, it is essential that even a minor burn or scald is treated with correct First Aid procedures and medical attention is sought where necessary.

- Follow DRSABCD
- Extinguish burning clothing:
 - STOP the patient from moving around
 - DROP / pull the patient to the ground with blanket or similar
 - ROLL the patient along the ground until flames extinguished
- **Immediately cool the affected area for up to 20 minutes using cold running water from a tap or shower** for thermal, scalds, chemical, bitumen and electrical burns. NB: Effective cooling can significantly reduce the severity of a burn
- If any clothing is wet with hot liquid or affected by a chemical splash, remove it quickly and carefully
- Remove any tight clothing, watch, rings or jewellery from the injured area unless stuck to the burn
- Prevent infection by covering the burn wound with a loose and light non-stick dressing, preferably clean, dry, lint free material, eg plastic food wrap
- Manage for shock
- Seek medical attention

Call 000 or mobile 112 for an ambulance for any burn which:

- has caused difficulty with breathing
- involves the airway, face, head or genital area
- is larger than the palm of the victim's hand
- affects more than one body part
- involves chemicals, explosions or electricity

Seek medical attention urgently:

- for a superficial burn which is greater in area than a 20 cent piece
- the burn involves the hands / palms
- if the burn is deep, even if the patient does not feel any pain
- you are unsure of the severity of the burn

DO NOT break blisters or remove peeled skin

DO NOT try to remove any fabric that is stuck to a burn

DO NOT apply creams, ointments, lotions or gels to any burn injury

DO NOT over cool casualty (particularly if young or if burn is extensive)

DO NOT use towels, cotton wool, blankets or adhesive dressings directly on wound

DO NOT use ice

Ros Argent and Maria Mcver First Aid Officers

Student Wellbeing Coordinator

Raising Tweens

Often when I speak to parents I mention about having to 'parent differently' as your children get older. I do not mean this as in change your values or family goals, however parenting may require a change in mind-set and approach as your children get older, which some parents may be unprepared for.

I was very hearted then, to read one of the latest parent fact sheets from Parenting Ideas. This article on 'Parenting the in-between years' speaks specifically about how parents can stay connected with their tweens, which the author Michael Grose acknowledges is a very challenging job for most families. If you are a parent of a Tween – or are about to be, then hopefully you will find this article (at the end of this newsletter) useful and encouraging.

Emmaus is also really excited to have Psychologist Kirrilie Smout from Developing Minds Psychology and Education come and speak to our parents on Wednesday 14th June at 7.00pm. Kirrilie is a wise and interesting speaker and her seminar 'Calm and Confident Kids' is all about helping children to worry less, manage stress and get through tough times. Most children face challenges as they travel through Primary into Secondary school, and I am so grateful that a specialist such as Kirrilie can engage with our parents to provide much needed knowledge and support for their parenting. Kirrilie is from Adelaide but can be read and appears nationally and we are very privileged to host this seminar. Please encourage any parents you know will benefit from this information to attend.

For further information about this seminar and purchasing tickets, please see the flyer at the end of this newsletter.

Sue Chapman

Sporting News

In Week 3, eleven Emmaus students (the highest ever) competed in the National Christian School Sport Games held in Sydney. Congratulations to all participants and well done to Annelise, chosen as the overall female South Australian Team Captain and to Tamsyn, awarded SA Soccer's Most Valuable Player.

Lucy, Annelise, Mitchell, Charlotte and Georgia all won gold medals for their respective sport teams and Brynn, Bianca, Tamsyn, Paul, Sam and Cameron all won silver medals for their respective teams. It was a great week for South Australia as they won medals in each sport and age group category.

The week long competition on the field, court or pitch was fierce, but off the court, a high level of sportsmanship was displayed building community and lifelong friends.

The next NCSS Games will be held in 2019 on the Gold Coast (using the Commonwealth Games venues). We look forward to seeing more Emmaus students involved and demonstrating their skills and abilities.



Daryl Porter

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

Music

Winter Instrumental Evening

The upcoming Winter Instrumental Evening to be held on Thursday 8th June in the Performing Arts Centre at 7.00pm is open to any student who is learning an instrument either at the College or privately. Please [click here](#) to register.

Performing Arts Calendar 2017

Term 2	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	Year 5/6 Battle of the Bands Concert

Andrew Verco

Music Coordinator (Rec - Year 12)

Canteen Roster

Week 5 T2

Thu 1st June Rebecca Hutchinson
Fri 2nd **HELP NEEDED**

Week 7 T2

Mon 12th **Public Holiday**
Tue 13th No help needed
Wed 14th Katherine Papazoglou
Thu 15th No help needed
Fri 16th Helen Talbot

Week 6 T2

Mon 5th No help needed
Tue 6th No help needed
Wed 7th Blake Watson
Thu 8th Maria Gutteridge
Fri 9th Aleks Darwin

Week 8 T2

Mon 19th No help needed
Tue 20th No help needed
Wed 21st Catherine Chua
Thu 22nd No help needed
Fri 23rd Vivienne Wei Wei

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

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
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Christine Blom-Cursaro
Uniform Shop Manager

Community News

Need more Sleep?

Does your child:

- Need help falling asleep or resettling?
- Sleep in your bed?
- Wake too early?
- Feel tired during the day?

Contact Somnia Sleep Psychology if you need help www.somnia.com.au or 0415 977 784.

July School Holiday Activities

Grip National Leadership Camp 2017

Would you like to develop valuable leadership skills whilst having enormous fun during the July school holidays? Students in Years 10-12 are invited to participate in a National Leadership Camp being held in Brisbane, hosted by the GRIP Leadership Team. Teenagers from around Australia will be gathering for this 4-day camp from 3rd to 6th July. GRIP Leadership is well known for organising Australia's largest student leadership events and helping students reach their potential as a leader. Full details available at www.gripleadership.com.au

The Kid's Kitchen

TAFE SA at Regency Park are providing school holiday fun from 11th to 14th July, with action packed cooking classes for the budding chefs of the future.

All classes will involve the preparation of a range of dishes relevant to the topic and will be taught by professional chefs, in world class training facilities. All prepared food will be available to be taken home, unless consumed beforehand. Maximum class size is 16, minimum class size is 10, any less then the class will need to be cancelled. The various programs have been designed so that the children can pick and choose classes that interest them.

Age groups and prices:

- Kinder Cooks (4-6 years) \$39.00 (an adult must accompany child during this class) - 3 hours
- Growing Gourmets (7-12 years) \$55.00 - 3 hours
- Master Classes (13-16 years) \$95.00 - 5 hours

For bookings www.eventopia.co/RGA or for further information telephone Gemma McGowan on 8348 4097.

Marion Council

Tickets are still available for the following shows in the July School Holidays. For further information www.marion.sa.gov.au

Mr Snot Bottom's Stinky Silly Show - Thursday 13th July, 11.00am.

Meet the horrible Mr. Snot Bottom, a deeeesgusting kids comedian brimming with all the gooey, smelly and yucky topics kids love: boogers, bottoms, pop-offs and smells! Be repulsed by horrible stories, gross gags and just wrong routines in this roller coaster of weirdness! Perfect for children aged 4-10 years. Tickets \$10.00.

Under the Sea - Monday 17th July, 11.00am.

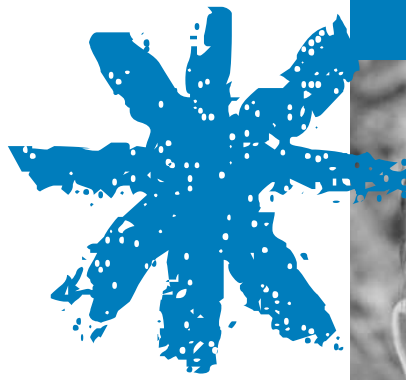
A spectacular ocean floor is where you will happily move and dance to the sweet sounds of the Music Makers 3 piece live band led by Sailor Sam. There are many friendly sea creatures for you to meet and you will get a chance to play with them too! Tickets \$10.00.

Liquid Nitrogen: Solids, Liquids & Gases Show - Wednesday 19th July, 11.00am.

This show will amaze you - learning about solids, liquids and gases through the use of Liquid Nitrogen! What happens to an onion when it freezes to minus 196 degrees? Can an inflated balloon recover after being frozen? Find out so much more in the Liquid Nitrogen Show! Tickets \$10.00.

parenting * ideas

insights



Parenting the in-between years

By Michael Grose

The in-between 'tween' years can be challenging for parents. Here's 5 ways for parents to negotiate these years.

Toddlers and teenagers have traditionally been the stages that are most problematic for parents. Toddlers have a bad reputation as their body outgrows their brain, which is testing for a parent's patience and

their ability to manage behaviour. The teen period with its massive physical and emotional changes requires parents to make significant changes to their parenting and communication methods. Personally, this was a stage that tested my communication skills to the limit. It seemed that every conversation with one of my teenage children was like going for a job

interview. I had to concentrate on every word I said to make sure there was no misinterpretation or argument.

There's a third stage that causes stress and anxiety for parents - the tween stage. This is the age from 8 - 12-year-olds that bridges childhood and adolescence and it often goes under the radar when we talk about stressful developmental stages.

Tween issues are complex

The issues that parents face when raising toddlers such as sleep, obstinance, eating and separation worries seem simple compared to the complexities that parents face with tweens including social media, bullying, friendships and puberty.

This is an age when kids are maturing at different speeds, which can impact dramatically on how they see themselves. It seems also that the relationship between girls and their mothers can be strained during this stage, although dads and daughters aren't immune from testy times either. Boys also have difficulty negotiating this age but they have an innate naivety, which saves them from much of the angst that many girls face.

This is a stage when children need their parents but the shift to puberty and the accompanying social pressures means you may have to shift your parenting gears well before you are ready.



parenting * ideas

Parenting the in-between years

Here are five ideas to help you stay connected to your tween:

1. Spend real & close time together

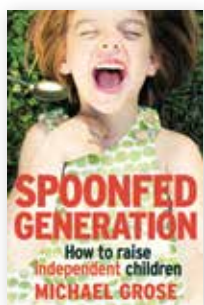
Most kids are great when you get them one-on-one, but getting the chance to spend some time away from a digital device or screen with a young person today is seriously hard. But close personal time is how you can talk to your child and provide the support they need during these times of transition. Make the opportunity to spend some idle, chatting time with your tween.

2. Allow them to have two faces

Many children in the in-between years wear two faces. They have a face for the outside world of their peers and one for home and their family. The outside face maybe a little older, and have more attitude than you'd like, so try to gently manipulate that face into something softer. Recognise that the tough or older exterior maybe his or her way of coping or gaining acceptance. On the other hand, you may find your tween acts and plays like a young child while at home. Make room for this to happen.

3. Create the path for greater independence

Many children at this age want more freedom and independence, but they frequently don't know how to ask for it. Recognise that healthy development at this stage involves expanding their horizons into different areas of endeavour (hobbies, interests, subjects at school) and around their neighbourhood. Set limits, and expect them to stick to them.



Special note: I'm thrilled to announce that my latest book *Spoonfed Generation: How to raise independent children* is out. It's available at parentingideas.com.au

Give them more responsibility, not less as they move into the tween years.

4. Explain the changes that are going on

Puberty begins as young as eight for some girls, a little later for boys. It begins before we see any changes to body shape or form. Many children battle their physiology (and their feelings) at this stage, while we parents focus on their psychology ("What's he trying out now?") so calmly explain the changes that are going on while teaching them how to manage their emotions.

5. Remember, it's not personal

I haven't met a parent who doesn't take the cutting/sarcastic/hurtful remarks that a tween can make personally. That's why parenting tweens can be hard emotional labour. It can also be a sad time as your child is moving from one stage to the next. In a sense, you give birth twice - to a child first and then again to a teen. The second gestation is longer and in some ways more painful. But life does get better and more bearable with time.

Most parents are raising tweens when they have a lot going on in their own lives. Partners, work, friends and broader family are competing for your attention at the very time when your tween maybe challenging you. If you can simplify your life even just a little during this stage you may find that the some of the stresses of raising a tween start to disappear or at least seem less complex and hard to bear.



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



EMMAUS CHRISTIAN COLLEGE

PARENT SEMINAR

CALM AND CONFIDENT KIDS

How to help kids worry less, manage stress and get through tough times

Many children have times when they feel stressed, worried and sad. Sometimes this is due to a tough life experience – parents separating, family illness, grief and loss, bullying, struggles coping at school. Sometimes the child just has a tendency to be a “worrier” or get stressed.

There are actions parents can take to help the child manage and resolve problems, to help build their resilience - and unfortunately there are also things parents accidentally do which can increase anxiety and stress in kids.

This seminar covers the 12 most important steps parents can take to help worried, sad and stressed kids. It gives parents practical strategies, includes advice on "what to say", what to NOT do, how to answer tricky questions and how to increase resilience and coping skills in children themselves.

There is plenty of humour and fun in the seminar, videos, case examples - as well as time allowed for questions about tricky kids and tricky situations.

This seminar was very beneficial & insightful for staff & parents. The information was easy to understand, there were practical strategies which helped parents to feel more equipped to help. Highly recommended .fantastic! Holly Taylor, Chaplain, Braeview/ Happy Valley Primary Schools



Presented by Kirrilie Smout, Clinical Psychologist specialising in working with children and adolescents. Kirrilie has 18 years of experience in working with young people and families, and has presented seminars to over 50,000 young people and parents across Australia. She has written two books on families, teenagers and helping kids through challenges.

Wednesday 14th June 7pm

Emmaus Christian College EPAC

Tickets: \$10-00 Available through college website under 'Events'