

Next College Newsletter: Wed 15th November 2017
 Please email your articles to: newsletter@emmauscc.sa.edu.au

Important Dates

November

Thu 2nd

Music Count us in Concert

Thu 2nd - Fri 3rd

Yr 3/4 Camp at Mylor

Fri 3rd

'Let there be Coffee' Coffee Van

Mon 6th - Fri 10th

JS Wrapper Free Week

Mon 6th - Fri 17th

Year 12 Exams

Fri 10th

MS/SS Swimming Carnival @ Marion Pool

'Let there be Coffee' Coffee Van

Mon 13th

Reception Orientation 1

SACSA Basketball Yr 6 & 7 Boys @ Morphett Vale

Tue 14th

SACSA Basketball Yr 4 & 5 Boys and Girls @ Morphett Vale

Wed 15th

SACSA Basketball Yr 6 & 7 Girls @ Morphett Vale

Thu 16th - Wed 22nd

Yr 10 & 11 Exams

Fri 17th

Year 8 Orientation Day

'Let there be Coffee' Coffee Van

Yr 12 Art & Tech Exhibition in EPAC

2017 Term Dates

Term 4

Mon 16 Oct - Wed 6 Dec

(Last day of Term - Finish 3.10pm)

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



From the Head of Junior School - A Tribute to Esme

Dear Families and Friends,

"For God so loved the world that He gave His one and only Son, that whoever believes in Him shall not perish but have eternal life." **John 3:16**



As many of you are aware Esme Leibbrandt passed away into her loving Father's arms on Wednesday 18th October. Esme was part of our College community for over 21 years from 1993 until 2014, a very dedicated and committed Junior Primary Teacher. In those 21 years, she not only had an influence on the life of each child in her care but also families and staff members. Below are comments from some of her former students:-

"She was so inspiring, positive and had such a giving heart" Gabby

"She brought joy to her class" She-Ro

"She wrote me a letter encouraging me and I still read it" Charlene

"She was funny when I needed a good laugh" Tim

"She was inspiring, amazing and loved God. I loved how she did a bible story every morning" Lucy

"She was the kind of teacher that made me smile and feel excited to be in her class" Ikia

"She was patient, friendly and a most Godly person, definitely my favourite teacher" Sohana

"She had a big influence on my life. She was my favourite teacher ever!" Lance

The final screen that Esme viewed on her iPad was **Psalm 18**:-

¹I will love You, O LORD, my strength. ²The Lord is my rock and my fortress and my deliverer; My God, my strength, in whom I will trust; My shield and the horn of my salvation, my stronghold.

³I will call upon the LORD, who is worthy to be praised; So shall I be saved from my enemies.

⁴The pangs of death surrounded me, And the floods of ungodliness made me afraid.

⁵The sorrows of Sheol surrounded me; The snares of death confronted me.

⁶In my distress I called upon the LORD, And cried out to my God; He heard my voice from His temple, And my cry came before Him, even to His ears. ⁷Then the earth shook and trembled; The foundations of the hills also quaked and were shaken, Because He was angry.

⁸Smoke went up from His nostrils, And devouring fire from His mouth; Coals were kindled by it.

⁹He bowed the heavens also, and came down With darkness under His feet.

¹³The LORD thundered from heaven, And the Most High uttered His voice, Hailstones and coals of fire.

¹⁵Then the channels of the sea were seen, The foundations of the world were uncovered

At Your rebuke, O LORD, At the blast of the breath of Your nostrils.

¹⁶He send from above, He took me; He drew me out of many waters.

¹⁷He delivered me from my strong enemy, From those who hated me, For they were too strong for me.

¹⁸They confronted me in the day of my calamity, But the LORD was my support.

¹⁹He also brought me out into a broad place; He delivered me because He delighted in me.

²⁰The LORD rewarded me according to my righteousness; According to the leanness of my hands He has recompensed me. ²¹For I have kept the ways of the LORD,

And have not wickedly departed from my God. ²²For all His judgements were before me,

And I did not put away His statutes from me. ²³I was also blameless before Him,

And I keep myself from my iniquity. ²⁴Therefore the LORD has recompensed me according to my righteousness, According to the cleanness of my hands in HIS sight.

Esme was truly an amazing woman of faith, even in her darkest times she held firm to her faith. I believe when she met Jesus His words to her, as they are in **Matthew 25:21**, would have been, "Well done, good and faithful servant! You have been faithful with a few things; I will put you in charge of many things. Come and share your master's happiness!"

Annette Craven
Head of Junior School

Senior School News

Senior School Leaders for 2018

Recently our Senior School students participated in an election of Leaders for 2018. This year students nominated themselves or were nominated by a peer and then the different Houses voted who they felt would best lead them. After this process, Senior staff reflected on the student results in order to finalise the House Leaders for 2018. At this stage Captains have not been selected, however, they will be announced at the Speech Night.

I would like to congratulate the following students who are the successful candidates for 2018.

House	Year 12	Year 11
Emerald	Kelsie, Tobin, Bianca, Joshua	Abbey, Matthew
Ruby	Mitchell, Sophie, Shawn, Jack	Hannah, Jessica
Topaz	Samuel, Gift, Jacob, Emma	Jessica, Matthew

I was pleased with how well the Senior students responded to this process and I think that we can look forward to a successful 2018 of student leadership.

Leftery: Selected for Professional Soccer Trials in Italy

Emma Year 12 student Leftery has recently returned from a trip to Italy where he was personally selected to be coached by and compete against world-class youth soccer teams in a number of trial matches. Leftery was also selected by his fellow teammates as Team Captain.

This trip involved travelling to 7 Italian cities with 15 other aspiring South Australian soccer players between the ages of 15-18, fondly named the 'Adelaide Stars Football Academy', and competing against some of the world's elite Italian soccer clubs. They won multiple games against Italian football clubs who had been training together for 5 years, and had many more players than the South Australian team.

Leftery and the other 15 young players were selected and trained by Italian scout Roberto Dello Iacono from Real Vicenza Football Club, near Venice. They completed two hour training sessions twice a day each day and had specific meal plans, just like the professionals (plus lots of pasta, because: Italy). They were taught sophisticated defensive and attacking strategy, and put through their physical paces.

As Team Captain, Leftery was responsible for directing and motivating the other Australian players, as well as relaying communication between coaches and players. He says, *"I've been Captain before, but to do that in Italy was totally different."* Their coach had asked the team to choose their own captain, and when someone suggested Leftery's name, the others all instantly agreed. *"It was an honour because it meant that the boys had faith in me to carry them to Italy. I know I am a natural leader on the pitch."*

Leftery will finish his schooling this year and apply for Pharmacy, hoping to defer and return to Italy in January, where he has been invited to continue training with Real Vicenza Football Club. Leftery says soccer is his passion and that he has always wanted to train professionally, but knows that God has allowed everything to fall into place to pursue this so far. He admits that his moving soccer clubs in Adelaide and scoring a 'hat trick' three goals during the game when the Italian scout visited was all perfect timing.

Well done, Leftery. You are talented and driven, and we look forward to hearing more about your soccer success.



Andrea Grear
Head of Senior School



College News

Limited places available in Year 8, and Senior School

I trust you had an enjoyable school holiday break. Term 4 has commenced smoothly with many end of year activities and planning for 2018 underway.

As we plan for 2018, I would like to let you know of limited student places available in Year 8 and Senior School, Years 10 to 12. We aim to advertise this availability to the wider community and would value and appreciate your support in getting the word out to your friends and church families who may be interested.

As a College, we have been blessed with continued growth and now have waiting lists for many year levels, in particular Junior Primary levels. With this in mind, we remain focussed on planning to open a second campus in Brooklyn Park in 2019 where we can accommodate the many families desiring a Christ-centred education for their children.

Thank you for your support and contribution to the Emmaus Christian College community.

Blessings

Andrew Linke
Principal

Tabor Scholarship for Emmaus Student

Congratulations go to Kelsie, Year 11 on receiving her recent scholarship from Tabor Adelaide. Kelsie was awarded \$500.00 as part of an award scheme designed to support a student in a social justice endeavour. Her application impressed the judges as she demonstrated that the award money would help her explore both her faith and her personal connections in an upcoming trip that focused on social justice in Cambodia and Vietnam.

I congratulate Kelsie on her effort with her application and know that she will have a memorable experience at the end of this year when she goes on the school trip to Vietnam and Cambodia.

Andrea Grear
Head of Senior School



First Aid

The National Self-Detection Program for Scoliosis

Information for Schoolgirls and Parents

A health promotion recommended by the Spine Society of Australia. The program is endorsed by the Paediatrics and Child Health Division of the Royal Australasian College of Physicians.

What Is Scoliosis?

Scoliosis is a lateral or sideways curve of the spine. The spine also rotates on its long axis as it curves. It usually develops during early adolescence (age 10-13 years) when growth is most rapid.

What Is The Cause Of Scoliosis?

The cause is unknown, but 80-90% of cases occur in otherwise healthy adolescents. This is called idiopathic (cause unknown) scoliosis. We know that scoliosis is NOT contagious and NOT caused by bad posture, a soft mattress, carrying a heavy school bag or junk food.

Why Is Early Detection Important?

While very small curves are common and of no significance, about 2% of girls have a curve which warrants medical observation during the growth period. Three girls per 1,000 will require treatment during the growth phase. If treatment is required, the earlier it is undertaken, the better the long-term result. This is the basis for screening since in the early stages; scoliosis produces no symptoms. The way to detect scoliosis is to look for it!

The National Self-Detection Program for Scoliosis

This information is designed to make parents of schoolgirls aware of the outward signs of scoliosis. Scoliosis first appears around the ages of 11 to 13. Please take the time to visit the link below to download a brochure from Scoliosis Australia which contains further details about The National Self-Detection Program: http://www.scoliosis-australia.org/pdfs/self_detection_brochure.pdf or see the attachment at the end of this newsletter. If after reading this brochure you or your parents think you may have this condition, please consult your family doctor.

Ros Argent and Maria McIver
First Aid Officers

Student Wellbeing Coordinator

Anxiety and Smart Phones

Are you like me and sometimes think "Why are so many young people being affected by anxiety and depression?" Research tells us that anxiety and depression in young people is on the rise and that our health system is struggling to keep up with this. I was interested when I read an article recently directly linking this rise to the increased use of Smart phones. I realise everyone has their theories concerning these anxieties and that there are many factors which are contributing to the rise, but if you would like to read the article please follow this link <https://www.yourmodernfamily.com/scary-truth-whats-hurting-kids/>

Although this article contains some alarming statistics, it also has some helpful advice for parents which is common sense but also a timely reminder. The author suggests parents:

- Get back to what we did before phones (back to what our parents did when we were young)... spend time playing games with our children.
- Spend dinner time talking.
- Drop everything that you are doing when your children get home from school to TALK to them.
- Make dinner without having the TV on, the phone close by, or the tablet tuned into something.
- Use any 'car time' to talk to your children (maybe even by not allowing electronics in the car).
- Have your children do chores: Responsibilities increase their self-worth.
- Be sure that your child is getting enough sleep.

I do not think we can avoid living in a world with Smart phones. But as parents we can still have a huge impact on young people's health and wellbeing by providing our children with appropriate boundaries and a safe environment in which to grow up. If you would like to speak with either Ben Squire or myself about any of these issues, please feel free to call us at school and either chat on the phone or make an appointment to see us. Our office number is 8292 3828.

Sue Chapman

Student Wellbeing Coordinator

Launch News

Philosophy Competition

on the evening of Wednesday 25th October, four students (Year 8-11) competed against 10 other schools in rigorous Philosophical discussions at Prince Alfred College.

Topics discussed were: Is privacy important? Is the mind a physical thing? Would machines ever become human? Is having a donor baby ethical?

Congratulations Olivia, Jack, Jaydan and Hannah for their robust contributions. We are already looking forward to next year's competition!

Susanne Milne

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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Additional Opening Times for December 2017 & January 2018

2017	Dec 11 th	Monday	9.00am - 4.30pm
2018	Jan 11 th	Thursday	9.00am - 1.00pm
	Jan 12 th	Friday	9.00am - 1.00pm
	Jan 15 th	Monday	10.30am - 5.00pm
	Jan 16 th	Tuesday	10.30am - 5.00pm
	Jan 17 th	Wednesday	10.30am - 5.00pm
	Jan 18 th	Thursday	8.30am - 4.00pm
	Jan 19 th	Friday	8.30am - 4.00pm
	Jan 22 nd	Monday	8.30am - 5.00pm
	Jan 23 rd	Tuesday	Closed
	Jan 24 th	Wednesday	8.30am - 5.00pm
	Jan 25 th	Thursday	8.30am - 5.00pm
	Jan 26 th	Friday	Closed

Christine Blom-Cursaro
Uniform Shop Manager

Music

Performing Arts Calendar 2017

Term 4	Week 6	Tuesday 28 th November	Year 5/6 Battle of the Bands Concert
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Andrew Verco

Music Coordinator (Rec - Year 12)

Canteen Roster

Week 3 T4

Thu 2nd **HELP NEEDED**
Fri 3rd Karen Ames

Week 5 T4

Mon 13th No help needed
Tue 14th No help needed
Wed 15th Rebecca Hutchinson
Thu 16th **HELP NEEDED**
Fri 17th Tam Battersby

Week 4 T4

Mon 6th No help needed
Tue 7th No help needed
Wed 8th Blake Watson
Thu 9th Maria Gutteridge
Fri 10th **HELP NEEDED**

Week 6 T4

Mon 20th No help needed
Tue 21st No help needed
Wed 22nd Tracey Medhurst
Thu 23rd **HELP NEEDED**
Fri 24th Catherine Chua

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

Community News

SACE Headstart Revision Program

Adelaide Education Consultants initiated the Year 11 and Year 12 Headstart concept in South Australia and continues to offer the most affordable and the most diverse subject range on offer for SACE revision. The Preparation Program will be conducted at St Mary's College, 253 Franklin Street (near West Terrace). The College offers an idyllic learning environment, state of the art training facilities and free car parking for students off Grote Street. Seminars are being held on Monday 15th to Thursday 18th January 2018. For further information please go to www.aeg.sa.edu.au or telephone 8231 7776.

Holiday Activities

Enrol in VACSWIM today!

Summer is almost here, and with that, days spent by the pool, at the beach or in the river are drawing nearer. However, the risk of accidents around the water follows suit.

Ensure your children are safe this summer by enrolling them in South Australia's longest running water program, SA Water VACSWIM. Held during December and January at over 130 locations in SA, it is the ideal way to protect your children's safety and give you peace of mind as they make a splash.

With the aim of zero drownings, your children will learn vital water skills and water safety knowledge that will stay with them for life, while also building their confidence and having an absolute blast. Head to vacswimsa.com.au to find out more and enrol today.

Indigenous Hip Hop Projects

Marion Cultural Centre are holding Hip Hop Workshops on Saturday 2nd December, 12.00pm - 1.15pm for 12-15 year olds and 1.45pm - 3.00pm for 15+ years.

Indigenous Hip Hop Projects are a national multi-cultural arts company, specialising in going into regional, remote and urban Indigenous communities around Australia to conduct week long workshops as a means of connecting young people, encouraging self respect, re-engagement and creating linkages with traditional culture. The workshops are FREE and bookings are essential. For further information mcc@marion.sa.gov.au or telephone 8375 6855.



Emmaus Christian College

INVITES YOU TO THE
OPENING OF THE YEAR 12

Practical Exhibition

FRIDAY 17TH NOVEMBER

7 P M

EMMAUS CHRISTIAN COLLEGE
7 LYNTON AVENUE, SOUTH PLYMPTON
EPAC | ROOM PA.2

Art

Blake Gaetjens
Hayley James
Holly Kilpatrick
Anastasia Liemareff
Andy Pol
Josiah Stewart
Bryn Weatherill

Tech

Blake Gaetjens
Sullivan Heil
Will Kelly
Andrew McLennan
James Owino
Ben Polkinghorne
Zachary Wong

DRINKS AND NIBBLES PROVIDED

For catering purposes
please RSVP by Thursday 9th November to
eamoy@emmauscc.sa.edu.au

ADOLESCENT SCOLIOSIS

SPINAL CURVATURE

The National Self-Detection Program



Information for schoolgirls in years 7 and 9 and their parents

A health promotion program recommended by the Spine Society of Australia. The program is endorsed by the Paediatrics and Child Health Division of the Royal Australasian College of Physicians.

Fold

WHAT IS SCOLIOSIS?

Scoliosis is a lateral or sideways curve of the spine. The spine also rotates on its long axis as it curves. It usually develops during early adolescence (age 10-13 years) when growth is most rapid.

WHAT IS THE CAUSE OF SCOLIOSIS?

The cause is unknown, but 80-90% of cases occur in otherwise healthy adolescents. This is called idiopathic (cause unknown) scoliosis.

We know that scoliosis is NOT contagious and NOT caused by bad posture, a soft mattress, carrying a heavy school bag or junk food.

WHY IS EARLY DETECTION IMPORTANT?

While very small curves are common and of no significance, about 2% of girls have a curve which warrants medical observation during the growth period. Three girls per 1,000 will require treatment during the growth phase. If treatment is required, the earlier it is undertaken, the better the long-term result. This is the basis for screening since in the early stages scoliosis produces no symptoms. The way to detect scoliosis is to look for it!

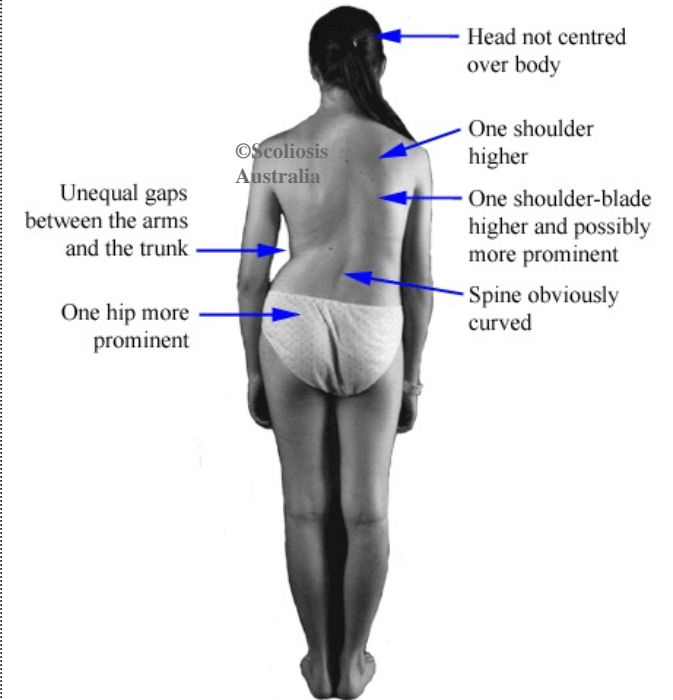
WHY THIS BROCHURE HAS BEEN PRODUCED

This brochure is designed to make parents of schoolgirls aware of the outward signs of scoliosis. From time to time all government and non-government schools in Australia will be asked to download this brochure from www.scoliosis-australia.org and to distribute it to girls in Years 7 and 9 (11 and 13 years of age in most states and territories).

Fold

If after reading this brochure you or your parents think you may have this condition, please consult your family doctor.

WHAT ARE THE OUTWARD SIGNS OF SCOLIOSIS?



HOW SCOLIOSIS IS DETECTED

Apart from the outward signs with a teenager standing as illustrated, the reliable **Forward Bend Test** is used in the diagnosis of scoliosis. This simple visual examination requires the teenager to stand with the feet together and parallel and bending forward as far as she can go with the hands, palms facing each other, pointed between the two big toes. In scoliosis, one side of the upper chest (thoracic) region or the lower back (lumbar) region will be more than 1cm higher than the other. The prominence is most often on the right side in the thoracic region. If the difference between the two sides is less than 1cm, it is highly unlikely that a significant curvature is present and the difference is simply due to asymmetrical growth of the two sides of the body. This is called torso asymmetry and is of no significance.



The Forward Bend Test

WHAT ABOUT BROTHERS AND SISTERS?

Scoliosis tends to run in families. When a curve is detected in one member of the family, other children should also be examined by the family doctor. If there is a history of a blood relative, especially a female cousin, having been treated for scoliosis by brace wearing or surgery, then this strengthens the case for spinal examination as a regular health check between 10 and 13 years of age.

Scoliosis which requires treatment is far less common in boys than in girls. The ratio of boys to girls requiring treatment is about 1 to 10.

IS TREATMENT SUCCESSFUL?

Yes, modern methods produce excellent results when a curve is detected early. In most cases an inconspicuous spinal brace is worn. Surgery is needed in only one out of three cases which require treatment.

There is no scientific evidence that physical therapy (exercise programs) and spinal manipulation (chiropractic adjustments) will either correct a scoliosis or halt its progression.

WHAT WILL HAPPEN IF SCOLIOSIS IS NOT TREATED?

The curve may increase unnoticed during the growing years. Moderate and severe curves may also increase in adult life. Some curves may increase with pregnancy. Severe pain, physical deformity and wear and tear arthritis may occur during middle life. Early detection is important for a healthy future.

HOW DO YOU DETECT SCOLIOSIS?

Simply look for it!
It only takes 30 seconds



Visit our website
www.scoliosis-australia.org

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The National Self-Detection
Program is supported by

