



## IMPORTANT DATES

### SOUTH PLYMPTON

#### FEBRUARY

Thu 27 - Fri 28	The Rite Journey Calling and Departure
Fri 28 - Tue 3	Compass Student Leader Conference

#### MARCH

Wed 4	Foundation Rest Day
	Yr 6 Grip Leadership Conference
Mon 9	Public Holiday
Tue 10	Sibling Photo Catch Up Day
Wed 11	JS Principal Tour
Thu 12	MS/SS Principal Tour

### BROOKLYN PARK

#### FEBRUARY

#### MARCH

Wed 4	Foundation Rest Day
Mon 9	Public Holiday
Thu 12	ELC -Yr 2 Photo Day

## Upcoming Principal Tours

Principal Tours are a great way for families to experience our College first-hand.

Tour dates for Term 1 are:

**Junior School South Plympton Campus - Wednesday 11 March, 9.15am**

**Middle and Senior School - Thursday 12 March, 9.15am**

**Junior School Brooklyn Park Campus - Wednesday 18 March, 9.15am**

Please pass this onto your family and friends who are interested in visiting Emmaus Christian College. Registrations are essential. For more information and to register visit the website.

## From the Head of Junior School

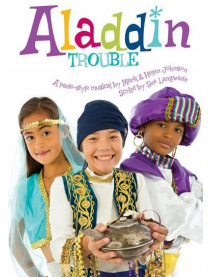
### Dear Families and Friends

It was a special and memorable moment on Monday morning at 9.15am when our students at Brooklyn Park joined the family at South Plympton for the very first time. What a delight to have our F-6 teachers and students from both campuses in the same space at the same time! Our joint worship time together was led by visiting performer Sean W Smith who shared that God loves everyone. We do not need to fear or be scared of anything because Jesus' love lights our way and we can hold onto Him in all circumstances. We choose to hold onto what Jesus says about us, not what others may say. God loves us just the way we are; we were all made in an extra-ordinary way. We are unconditionally loved by God. Choose to believe God's love for you!

The previous Friday morning our 3 and 4 year old students in the ELC joined our F-2 students at Brooklyn Park for Assembly. All dressed in their new Emmaus uniforms, you could not tell them apart as the ELC to Year 2 students sat together as one group for the very first time. The Foundation students welcomed the ELC students with a 'God is Love' card, so they had something to take back with them to the ELC. Building community and relationships across the ages, with opportunity for seamless transition is a priority for us at Emmaus. Building relationships now with our two Junior Schools, will bring a familiarity when they both come together as one cohort in Year 7. It all starts now...

Building relationships across the year levels is also one of the reasons we value Buddy Classes. This year Mrs Van der Merwe's Year 3/4 class at South Plympton and Mrs Giles and Mrs Houston's F-2 classes at Brooklyn Park are joining as buddies. These classes took the opportunity to introduce each other face to face during the visit on Monday.

Monday morning was also the perfect time to announce the 2020 Junior School Musical for both campuses! With great enthusiasm, Mrs Meinel and Mrs Butler were delighted to announce we will be performing Aladdin Trouble. A similar, yet different theme to the Disney version, the musical 'A-Lad-In-Trouble' has fantastic music and song that will be a delight to see! Mark your diaries for Week 3 of Term 3.



The Lord encourages us to meet with each other and build community. *"Therefore encourage one another and build each other up, just as in fact you are doing."* **1 Thessalonians 5:11**. We will continue to be intentional in building relationships and are excited about the ongoing development between both campuses. Community is at the heart of Emmaus.

Blessings  
**Helen Vonow**  
Head of Junior School



Weekly Coffee Connect  
Tuesday Morning  
8.45am - 9.45am

Weekly Prayer Connect  
Thursday Morning  
8.45am - 9.15am

## Middle School

### Welcome Back Abbey Brown

Abbey is married to Jeremy and they have three children, Jemima, Emeline and Liam. She is returning to Emmaus from parental leave and will be teaching Year 7 and 8 Music. Abbey enjoys singing, gardening, swimming and spending time with her family.

**Jonathan Carpenter**  
Head of Middle School



### Newsletter Club Interviews

A group of budding Year 8 journalists decided to interview some students who are new to the College and asked them about their first three weeks at Emmaus:

#### Ruby

First impressions of Emmaus? *Everyone is really friendly and kind.*  
Highlights: *Meeting new people who are clearly people of God.*

#### Anna

First impressions of Emmaus? *Everyone is super sweet.*  
Highlights: *Meeting new people, Art and no exams! (Yet - Editor).*

#### Ebahi

First impressions of Emmaus? *It's been good.*  
Highlights: *Probably lunch and my favourite subject, Maths.*

#### Joshua

First impressions of Emmaus? *Enjoying it a lot.*  
Highlights: *Hanging out with friends and PE.*

#### Elliott

First impressions of Emmaus? *I am enjoying the people, the friends and the community.*  
Highlights: *PE and Home Ec.*



By the students of Class 8W

## Senior School

On Thursday 13 March, Year 12 Aboriginal Studies class attended the Apology Breakfast at the Adelaide Convention Centre. This breakfast is annually organised by Reconciliation SA to commemorate the apology given by Prime Minister Rudd in 2008 to the Stolen Generation.

It was a sombre and moving event, including a silent candle vigil to those who suffered trauma by being taken from their parents as children. It was a very worthwhile experience for our students to share with 1800 other people.

The students met the Chairperson of the Blackwood Reconciliation Group, Mr Allen Edwards who has had an ongoing relationship with Emmaus.



**Neil Blenkinsop**  
Senior School Teacher

## Uniform Shop

### 2020 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

# Student Wellbeing Coordinator

## Is your child getting enough sleep? If not, read this!

As I think about being halfway through the term (what?!), my mind is already thinking about how I would love to be sleeping more. Oh, you too? It makes sense. Sleep is one of the highest predictors of mental health, physical health and success, especially in children and teenagers. I know, if only they could realise this before adulthood! Studies show that children need around 11 hours of sleep per night, while teenagers need at least 9 hours a night to function at their highest capacity. Unfortunately, research also shows that the average teenager only gets around 7 hours of sleep, which over time, leads to a significant sleep deficit that impacts their health, social abilities and education. This may explain their strong desire to sleep until noon on the weekend! So, how many hours a night is your child getting? If it is less than desirable, do not fret. Try implementing any/all of the following tips to increase your child's chance of getting a good, long sleep.

### 1. Sleep hygiene

Does your family have good sleep hygiene? While the label is a bit weird, it is extremely vital to the quality of sleep your child will be getting. Sleep hygiene is making sure the bedroom can be dark, cool and clean (at least the bed!).

PRO TIP: Try spraying an essential oil/water blend throughout the room 10 minutes before bedtime - their brains will soon associate this smell with being tired, making it easier to fall asleep.

### 2. Routine

It is important for your child, no matter their age, to have a simple bedtime routine that is followed every single night before bed. This may include brushing teeth, putting soft music on and spraying that lovely essential oil blend. No matter what it entails, try to make sure it is done in the same order and around the same time every night.

PRO TIP: Also try to make sure your child or teenager is waking up around the same every day - this regulates their circadian rhythm which will help them to feel tired or awake at the correct times.

### 3. Limited screen time

Wow, screens can really mess up our brains. They are one of the leading causes of sleep disturbance in people of all ages as they can interrupt our circadian rhythm and make it difficult for our brain to recognise that it is now time for sleep. Try putting the blue light filter on all screens once it gets dark outside, and limit any screen use for at least one hour before bed.

PRO TIP: Children and teenagers should have no access to the internet in their bedrooms, at all. Yep, I said it. Sometimes even the best behaved children need boundaries around technology because of its unprecedented ability to become addicting. Have your child charge their phone/tablet in the kitchen (seriously - buy them a real alarm clock), and do not allow any technology that connects to the internet in their room. Removing this temptation is guaranteed to not only keep them safe from harmful internet use, but to improve their sleep.

Working on the suggestions above certainly will not be easy, but if I could promise you anything, it is that it will be worth it. Happy sleeping!

Blessings

**Kat Law**  
Student Wellbeing Coordinator

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## Sporting News

Sport is well underway at Emmaus for 2020. We have held our Year 5-12 Table Tennis trials and well done to those who have been selected in their respective teams. We had record numbers of students trialing which has resulted in us having a high number of teams involved in the competition. The Foundation to Year 6 students, including Brooklyn Park students, have started their Cricket opportunity and our Middle and Senior school students have started to register for State Individual Tennis Championships which in the past have had some impressive results.

Soon we hope to have more information made public about after school opportunities for Junior, Middle and Senior School Soccer, Basketball, Netball etc season long after school hour opportunities that we will look to be apart of this year and beyond.

Thank you to all parents/guardians who have volunteered to assist with our various sporting carnivals this term. It is important to note that any volunteer working with children needs to have a current and valid police clearance. If you are considering helping out during the course of this year in our sports program please let Mrs Dolman (PE Assistant) know and she can assist you with getting your police clearance.

### Students achievements:

- Emilie (Year 9) auditioned and was accepted into The Australian Dance Theatre Youth Ensemble
- Maggie (Year 7) was selected in the City South District Girls Tennis Team
- Susannah (Year 6) achieved Distinctions in her Group and Solo RAD Grade 4 Ballet exams
- Emilia (Year 1) received excellent results in her Primary RAD Ballet exam.

**Daryl Porter**  
PE, Health and Sports Coordinator (F - Year 12)

## First Aid

### Communication regarding First Aid Attendance

From time to time students may become unwell or sustain an injury whilst at school. It is important that parents/caregivers advise the College of any change of phone number or email address so that we can contact you.

When students attend the First Aid Room with minor injuries or illness, the First Aid Officers inform parents via an email providing brief details regarding the nature of the problem, the treatment provided, the time that the student booked in to the First Aid Room and the time they returned to class. The email is sent as part of standard procedure and does not require a parent response.

In the case of more serious injuries or illness, First Aid Officers will phone parents directly, or emergency contacts if parents are unavailable. In an emergency, staff will administer emergency First Aid and phone for an ambulance and call family/emergency contacts as required.

If your child comes to school with a pre-existing injury or any other issue which we should know about, please inform the First Aid Officers so that we can be aware. We would like to advise, however, that First Aid assistance is generally for First Aid only, not for ongoing treatment. Where deemed necessary, First Aid Officers can offer some ongoing support to students at school, however please contact us or the Head of School first to discuss.

If you need to talk about any matters with one of the First Aid Officers, please do not hesitate to contact us.

### Lunch Orders

If your child likes to put in a lunch order from time to time and they have food allergies, could you please flag this by writing it onto the lunch order bag.

If your child has an EpiPen, please include this important detail. In that way the Canteen Staff will know they need to be vigilant in double checking ingredients and ensuring careful food preparation practises to avoid any cross contamination.

Thank you

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

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## College News

### ATOM Photo Competition (Science based)

An exciting opportunity for all students: Foundation - Year 3; Year 4 - Year 6; Year 7 - Year 9; Year 10 - Year 12.

The ATOM Photo Competition is an initiative of Australian Teachers of Media (ATOM). It provides Australian and New Zealand student photographers with the opportunity to submit a series of three (3) photographs responding to a theme, and win fantastic prizes in the process.

The theme for this year's competition is 'Fragility'. Fragility can take on many representations: a butterfly's wing, a historical building, a state of mind, the earth...

The photographic entries can be colour or black-and-white, realistic or abstract, macro or wide-angle, portrait or landscape, they may include people or animals (or both, or neither).

#### How to enter:

Take 3 original photographs that address this year's theme.

Submit your 3 photos through their online entry system [here](#)

Write a short statement (up to 300 words) and submit it with your entry.

Entries close at midday AEST, Thursday 9 April.

If your child requires further information, they can come and speak to me.

**Allison Storey**  
Middle & Senior Science Coordinator

### Relaunched Makerspace

Relaunched Makerspace for this term will commence in Week 6 each Wednesday after school, 3.15pm - 4.45pm.

The theme is 'Bluetooth Speakers/Portable Amplifier.' Students are encouraged to bring existing boxes/speakers to 'personalise' it. See posters around the College and at the end of this Newsletter.

Stay tuned for Term 2 projects.

**David Chu**  
Middle/Senior School Teacher

## Canteen Roster

### Week 5 T1

Thu 27 Emma Broadbent  
 Fri 28 Carla Gilliomee

### Week 7 T1

Mon 9 *Public Holiday*  
 Tue 10 No help needed  
 Wed 11 Emma Broadbent  
 Thu 12 No help needed  
 Fri 13 Catherine Chua

### Week 6 T1

Mon 2 March No help needed  
 Tue 3 No help needed  
 Wed 4 Emma Broadbent  
 Thu 5 Natalie Almond  
 Fri 6 Sam Allison

### Week 8 T1

Mon 16 No help needed  
 Tue 17 No help needed  
 Wed 18 **HELP NEEDED**  
 Thu 19 No help needed  
 Fri 20 Karen Baker

Thank you for the time you volunteer in the canteen, it is very much appreciated. The hours are from 9.30am to approximately 1.30pm. Due to Occupational Health and Safety, please wear enclosed shoes and ensure long hair is tied back. Please also remember to sign in at the Front Office and collect a visitors badge before you commence in the canteen. This is a legal requirement in case of fire evacuation/lock down. Thank you for your assistance with this important matter.

**Sharon Hughes**  
 Canteen Manager

## Community News

### School Fire Aid

Students from nine leading Adelaide schools - Emmaus Christian College, Immanuel College, Nazareth Catholic Community, Prince Alfred College, Pulteney Grammar, Sacred Heart College, Seymour College, St Mary's College and Westminster School are banding together to provide a huge rock concert in support of communities affected by recent devastating bush fires. Students and their families are welcome to come to Westminster School and enjoy this milestone rockfest music event!

When: Wednesday 25 March 2020, 6.30pm

Where: Westminster School's Michael Murray Centre for Performing Arts - Main Auditorium, Alison Avenue, Marion, SA 5043

Tickets are \$10 and the venue is limited to 1000 seats!

For more information and bookings [Trybooking/BIQIC](#)



### SA Church Basketball

On Saturday 14 and 21 March, SA Church Basketball Association are holding 'Come and Try' sessions for Under 8s, Under 10s and Under 12 teams at Trinity Baptist Church, Colonel Light Gardens. These will be short sessions (1.5 hours) where children will be able to try Basketball in a relaxed environment and see if they would like to join or put together a team in their competition. For further information [click here](#).

# BUILD YOUR OWN BLUETOOTH SPEAKER & AMPLIFIER!



TERM 1 WEEK 6 - 10

WEDNESDAY AFTER SCHOOL

3:15 PM - 4:45 PM

Target Group: Year 8-12 Students  
Further information in the bulletin

Brought to you by Emmaus Makerspace

# SCHOOL FIRE AID

A STUDENT MUSIC EVENT IN SUPPORT OF FIRE AFFECTED COMMUNITIES

## A Fantastic Student Rockfest!

STUDENTS FROM NINE LEADING ADELAIDE SCHOOLS ARE BANDING TOGETHER IN SUPPORT OF COMMUNITIES AFFECTED BY THE DEVASTATING BUSHFIRES.

6.30 pm Wednesday 25 March 2020

Gate opens at 5.45 pm

Michael Murray Centre for Performing Arts  
Westminster School, Alison Ave, Marion.

Bookings: [www.trybooking.com/BIQIC](http://www.trybooking.com/BIQIC)



General Admission  Sausage Sizzle  Refreshments

School Fire Aid concert is expected to finish by 9.30 pm  
Children under the age of 12 to be accompanied by an adult

ALL TICKETS  
**\$10**

See Trybooking for full terms and conditions

Thank you to the students and staff of the following schools for bringing School Fire Aid together:

