

Next College Newsletter: Wed 14th March 2018

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

Important Dates

March

Thu 1st

The Rite Journey 'Departure' Evening

Fri 2nd

The Rite Journey 'Calling'

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

Fri 2nd - Tue 6th

Compass Conference in Canberra

Tue 6th

JS SACSAs Swimming Carnival @ Adelaide Aquatic Centre

Year 8 Gardasil Vaccination (1)

Wed 7th

Reception Students Day Off

Fri 9th

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

Mon 12th

Public Holiday - Adelaide Cup

Wed 14th

MS/SS Principal Tour @ 9.15am
Yr 4/5 & Yr 6/7 SACSAs Table Tennis

Thu 15th

JS Principal Tour @ 9.15am
Yr 8/9 & Open SACSAs Table Tennis

Fri 16th

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

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

Principal Tours are a great way for families to experience our College first-hand. Tour dates for Term 1 are:

Middle and Senior School Wednesday, 14th March, 9.15am

Junior School Thursday, 15th March, 9.15am

Please pass this onto your family and friends who are interested in visiting Emmaus Christian College.

For more information and to register visit <http://www.emmauscc.sa.edu.au/principals-tours.html> or 8292 3834.

Registrations are essential.

From the Head of Senior School

Celebrating 2018

The Senior School year has started on a high - physically and metaphorically on the Mega Ropes course at West Beach. In Senior School we have aimed to acknowledge new beginnings for our students in a fresh way. Hence, there have been Orientation days for those starting with us, Year 10 students, and those who are starting the last year of their secondary education, Year 12 students. The Year 12 Orientation day was at the end of week one, so students were initially put to the test in terms of getting their consent forms organised. They rose to the challenge and we had nearly all students in attendance, even if they all did not want to climb.

Facing your fears could be the theme of the term – especially for the few brave souls who actually got up on the ropes even though they were morosely afraid. I was so impressed with the encouragement of their peers and also those who worked as a team to help others out. This included hauling a stuck teacher who could not take her hands off the flying fox to get to the platform and needed a little bit of student help. It was very humiliating!

This outside team building activity was followed up with a pizza lunch and a visit from the Schools Ministry Group. Their presentation was called 'The Big Year' and it addressed issues of learning style, stress and coping strategies for students. It was interactive and resources were available for students to provide help for a year and study load that can seem overwhelming at times. It is always a challenge to stop and listen when you have been out in the sun climbing, but there were some useful take home messages.



Similarly, Year 10 Orientation day began with a visit to Mega Ropes at West Beach and the chance for students to challenge themselves. It was a very energetic group who took to the ropes with frightening confidence and vigour. What happens to us as we get older? A number of these students looked as if they were born on a tight rope and they embraced the height as if they were in a backyard tree.

Following this sobering experience for anyone over the age of 21, we arrived in Glenelg for lunch and enjoyed the fine dining of Moseley Square. Once we returned to College, students were challenged by the need to listen to several presentations after a dubious diet of their lunch choices. The topics covered in this session were the expectations of a Senior School student, the need to have a growth mind set, image and media, taking care of your new laptop and time management. At the end of the session our chaplain, Adam Wood, led the students through a devotion that reflected on their worth in the eyes of God.

Overall, both Orientation days were enjoyable and allowed our students to mark the new beginning that 2018 has meant for them.

Andrea Grear
Head of Senior School

Junior School News

Mum's, Dad's & Caregivers supporting our morning reading programme

I would like to acknowledge the strong parent/caregiver support Junior Primary teachers are receiving, as parents stay to read with their children at the very start of the day. It is a joy to witness such a strength of parent partnership in maximising the reading development of our children. Thank you!



Congratulations Mrs Rebecca Wurst

We would like to congratulate Rebecca and Daniel Wurst who are delighted to share with the Emmaus community that they are expecting their first child in July. Rebecca was a former Year 3/4 Teacher.

Uniform reminders

It is a joy to see so many of our girls electing to wear summer dresses. Girls looking for additional warmth are required to wear the navy jumper (available in a wool or polyester/cotton). Please note, the rugby top and the tracksuit jacket are only to be worn with ECC polo tops, shorts and/or track pants. The only exception to this rule is the Year 6 jumper which can be worn with both summer dresses and shorts – a Year 6 privilege!

Adhering to correct uniform supports staff to implement the uniform policy. Thank you for assisting us with this matter.

Disabled Parks

The College has two disabled Car Park spaces and four parents with permits requiring use of these parks. It creates stressful complications when people without permits use these designated spaces. For the well-being of our whole school community, we would be grateful if parents would respect the use of these spaces.

Buddy Reading

Did you know that some of our classes have weekly buddy reading programmes that see older students helping younger students with their reading.

Pictured are Mrs Strybos' Year 3/4 Class reading with Mrs Sinkovic/Mrs Window's Year 1/2 class.



Helen Vonow

Head of Junior School

Middle School News

Congratulations to our 6 newly appointed House Captains for Middle School.

We are excited to see you each have the opportunity to grow and lead within our School Community.

Ruby:	Kaitlin and Ricardo
Topaz:	Bhea and Cameron
Emerald:	Molly and Callum

Andrew Edmondson
Head of Middle School

Uniform Shop

2018 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

Christine Blom-Cursaro
Uniform Shop Manager

Sporting News

Just when you thought it was busy enough, this week we held our annual Years 3 - 6 and Years 7 - 12 Swimming Carnival's at Marion Outdoor Swimming Centre. Both events provided a great opportunity for each house to continue to develop community and friendships amongst all students.

In Week 3 we held SACSA Table Tennis trials in the gym. There were many students who came to try-out and for some who were selected their first time representing the College at a SACSA sports event. We wish each and every age group team the very best and look forward to reporting their results to our community.

This Term our Year 2 - 6 students have an opportunity to be involved in a 'come and try' cricket clinic followed by modified matches. Information about this event has already been emailed to families, students wishing to be involved need to return their consent form. Parental supervision is also required on the night for the duration of the session.

Athletics and Cross Country Carnivals are still to come this Term, and sporting teams for Terms 2 and 3 will be organised shortly so please keep an eye and ear open for these events.

For any other questions or queries please contact the College by phone or via email.

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

Student Wellbeing Coordinator

Peers

It was such a privilege to have South Australian psychologist Kirrilie Smout speak to our Year 12 parents last week at Emmaus. Not only is Kirrilie an expert in her field, but as a mum and a psychologist she is also down to earth and a practical and encouraging communicator.

As a part of her presentation, Kirrilie mentioned the importance of peers to our young people and it is something that as parents we sometimes forget. Yes your child is raised in your family, with adults, but they are also being raised by the young people around them and the value of a good strong peer cohort cannot be underestimated.

As a mum myself, it was always helpful to be acquainted with my children's friends and peers as they grew up. I enjoyed getting to know these young people and thankfully many of my children's friends are still an important part of their lives now even in adulthood.

So it was with no surprise that I read the most recent article sent to the College by our association with Parenting Ideas on "*Peer time counts big time towards young person's success.*" In his article Michael Grose explains the ways in which spending free time with peers, benefits young people and he suggests that "*It is important to recognise the value of sibling and peer relationships in the development of the skills and attitudes needed for a successful adult life.*"

To discover more about the importance of peers to your children's growth and development, Please read the article attached at the end of this newsletter.

Sue Chapman
Student Wellbeing Coordinator

First Aid

Back to School Asthma Warning

Among pre-school and primary school age children, rates of hospital visits for asthma are highest when children resume school at the start of the year. The increase in hospital and emergency visits during this time of year can be attributed to an increase in exposure to any one of a number of asthma triggers in the school environment, along with increased exposure to respiratory viruses when coming into contact with large groups and stress and anxiety for children returning to or starting a new school. Another factor may include possible changes to asthma management regimes which may have relaxed over the summer holidays. It is therefore important for schools, teachers and parents/carers to be prepared and ensure that effective asthma management is in place.

Asthma Care Plans should be reviewed with your doctor every 12 months and whenever there is a change in your child's health and a blue reliever puffer and spacer should be supplied to the school. Please view the 'Back To School Checklist' at the end of this 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 on FREE CALL 1800 ASTHMA (1800 278 462) or visit their website <http://www.asthmaaustralia.org.au/>

Ros Argent and Maria McIver
First Aid Officers

Canteen Roster

Week 5 T1

Thu 1st March **HELP NEEDED**
Fri 2nd **HELP NEEDED**

Week 7 T1

Mon 12th *Public Holiday*
Tue 13th **HELP NEEDED**
Wed 14th Chris Barry
Thu 15th **HELP NEEDED**
Fri 16th **HELP NEEDED**

Week 6 T1

Mon 5th No help needed
Tue 6th No help needed
Wed 7th Catherine Chua
Thu 8th **HELP NEEDED**
Fri 9th Helen Talbot

Week 8 T1

Mon 19th No help needed
Tue 20th No help needed
Wed 21st Tracey Medhurst
Thu 22nd **HELP NEEDED**
Fri 23rd **HELP NEEDED**

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

Music

Autumn Instrumental Evening - Thursday 22nd March 2018 in EPAC at 7.00pm

Places are now open to students who learn an instrument at the College or outside to perform at the upcoming evening. Places are limited, so get in quick! Please go to <https://goo.gl/forms/KDmHP6modM1QXdHS2>

Andrew Verco

Music Coordinator (Rec - Year 12)

Careers Corner

Taster courses are a fantastic way for students to have a look and 'feel' of a career before committing to a formal qualification or VET course. Below is a list of short courses available:

First Aid (1 day course)

The participant will gain knowledge and skills to confidently recognise and respond to an emergency situation requiring first aid.

Hospitality Program (4 day course)

This course is designed to give students valuable hands on experience preparing them for the hospitality industry.

Responsible Service of Alcohol (1 day course)

This course provides participants with the skills and knowledge to satisfy the requirements for responsible service of alcohol under State/Territory legislation.

Please note: Students must turn 17 prior to undertaking this course and will need parent permission if under 18.

All courses will be held on either a weekend or during the April school holidays. Costs will vary and range between \$69.00 - \$450.00.

Please note: *These courses usually fill very quickly so if your child is interested in any of the above courses, it will be worthwhile to act promptly.*

If you or your child would like more information or an enrolment form, please contact me via email ctorjul@emmauscc.sa.edu.au

Cathy Torjul

VET Co-ordinator

Community News

Local Community Market at Plympton Glenelg RSL

A new local Community Market, supporting the local community, is being held on the 2nd Saturday of every month, 10.00am - 3.00pm at Plympton Glenelg RSL Hall, 464 Marion Road, Plympton. With free entry, the boutique artisan stalls will be inside and outside, selling jewellery, clothes, skin care products, arts and crafts, candles, nutritious food and much more. For expressions of interest and stall enquiries, phone Mary on 0401 261 523 or Tracey on 0404 149 516.

Marion Cultural Centre

The PaperBoats are presenting '*Especially on Birthdays*'. Extraordinary theatre for 4 - 8 year olds, sharing the ups, downs and roundabouts of the most anticipated day of the year, at The Domain Theatre on Tuesday 27th March at 6.00pm and Wednesday 28th March at 10.30am and 1.00pm. For bookings and enquiries telephone 8375 6855.

Concert at the Cove

You are invited to dance and sing to the sounds of classic rock and pop at Marion's first community music festival at Heron Way Reserve, Hallett Cove from 2.00pm to 6.00pm on Sunday 25th March.

Concert at the Cove will feature bands, come and try music and dance, and open mic sessions. Prizes are up for grabs in competitions for air guitar and for people who dress up as their favourite rock star. Entertainment for children includes shows by the *Amazing Drumming Monkeys*, *Noises for Kids* and creating an album cover. Headliners are Adelaide's top party band, *Escapades*, who will deliver a mix of pop, jazz, funk and soul. Concert-goers can expect a powerful set of 50's and 60's hits from *The Decibells* and rock classics from *Breezin*. More than 20 *Fork on the Road* food trucks will sell cuisine from around the world.

Entry is free. Find out more on the City of Marion Facebook page or at www.marion.sa.gov.au/concert-at-the-cove

Edwardstown Football Club

A family orientated Club with a warm, welcoming and fun atmosphere.

Located at East Terrace in South Plympton, they have a strong membership base with quality Coaches and exciting plans for 2018!

Well priced fee's and discounts for siblings.

For Boys - Auskick, Under 7's and all age groups through to Under 18's (for boys born between 1999 to 2013).

For Girls - Auskick, Under 10's, Under 12's & Under 14's (for girls born between 2004 to 2013).

To register your interest and find out more contact the Club at edwardstownfcjuniors@gmail.com or telephone 0452 171 729.



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

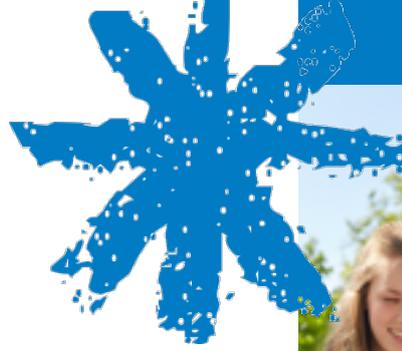
Proud partner of Asthma Australia. teachershealth.com.au



LEARN MORE ABOUT ASTHMA.

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

insights



Peer time counts big time towards your young person's success

by Michael Grose

“It takes a village to raise a child because in a village there are always enough kids to form a play group.” Anon

Life for children and teenagers is generally very busy and adult-initiated. A quick glance at most kids' after school schedules will reveal at least two after school activities (involving sport/ physical activity or classes of some sort) each week that are organised and lead by an adult. Nothing wrong with that however the more time children spend in adult-initiated activities the less free time they have to spend among themselves, and the enormous benefits this brings.

Spending free time with peers benefits kids in these ways:

1. They learn to negotiate and communicate

Young children generally communicate with one another through play, and the communications have real meaning. They negotiate about what and how to play. Typically kids will make up the rules of any game, modifying them as they go along, and challenging other children's interpretations. *“You're not playing by the rules”* is a common childhood retort most of us are familiar with. Left to their own devices kids will generally resolve such conflict situations more creatively, and with more finality than when adults become involved .

Teenage peer-to-peer communications often focus on emotions and the struggles they experience. Adolescents learn they can be honest with their friends, as they are less likely to overreact and assume control, the way that their parents or other adults might.

2. They become independent quicker

When children spend more time among themselves they become less reliant on adults to solve problems for them. In fact, when kids play among themselves someone will take on the authority of an adult and ensure that problems are resolved, usually more quickly and more equitably than when an adults attempts to do so.

Typically when kids of any age get together they act in ways that can mock and challenge adulthood – young children will use 'naughty' words and teenagers push parent boundaries so they can gather together away from adults. This type of independence-seeking is the default mechanism of kids of all ages, but it can be stifled by well-meaning, over-involved or over-controlling adults.

3. They are less anxious

“*I dare you*” is a phrase that evokes strong memories for many adults. It’s a throw-back to a time when as children or teenagers we challenged each other to climb that tree, to cross that road and to go speak to that girl/boy. Of course, the biggest challenge we faced was to confront our fears rather than avoid them. Children of any generation tend to be more courageous, and better able to learn to manage difficult emotions such as fear, nervousness and anxiousness when they spend more time with each other, away from adults.



4. They become more innovative

Adults of every generation bemoan the fact that children and teens don’t play in the same way as they did when they were young. We forget that children are naturally drawn to the newest innovations in the larger culture around them. Where adults are naturally suspicious of change, children will invariably embrace it. This is shown by children’s eagerness to embrace digital technology, which is often far ahead of their parents and teachers. Children’s culture focuses, quite naturally and adaptively, on the skills important to the world they are growing into, not the world as it was, when their parents and teachers were growing up.

5. They get along better with others

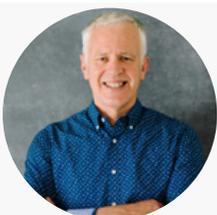
The biggest requirement for kids mixing with siblings and peers is that they must get along with each other. They need to accept each other’s differences; learn how to assert themselves while accommodating the needs of others and respect other kids’ opinions, not just their own. This type of socialisation is central to being a member of civil society. The skills of “getting along” are best practised among equals and for kids that means practising on their peers and siblings. These “getting along” skills may be well be the most important skills for kids to develop if they are to lead a successful adult life –including maintaining long-term partnerships, making friends and enjoying cooperative relationships in the workplace.

Encourage a culture of childhood

As a parent or teacher it helps to see the time kids spend among friends and siblings as valuable rather than wasted time. Encourage kids to spend time with each other and resist the urge to rush in fix things up between peers and siblings when relationships sour or they have problems to resolve. And resist the natural urge of most parents who lead small families to know everything that’s happening in a child’s life -kids need some time and space to work things out themselves.

Kids need to belong to two cultures

Encouraging a culture of childhood doesn’t mean that we devalue what we offer as adults to children and young people. Kids also need to be able to fit into the adult culture that we are preparing them for. However it’s important to recognise the value of sibling and peer relationships in the development of the skills and attitudes needed for a successful adult life.



Michael Grose

*Michael Grose, founder of Parenting Ideas, is one of Australia’s leading parenting educators. He’s the author of 10 books for parents including *Thriving!* and the best-selling *Why First Borns Rule the World and Last Borns Want to Change It*, and his latest release *Spoonfed Generation: How to raise independent children*.*

Be *kind* and *un*wind.

Personal Wellbeing

Monday 19th March 2018

9:30am to 2:30pm

Anglicare SA

159 Port Rd

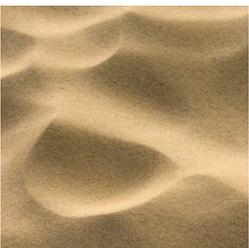
Hindmarsh 5007

Lunch Provided

Gold Coin Donation

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

emotional overload ~ relaxation ~ mindfulness



ANGLICARE SA

This program is funded by the Department of Social Services