

Next College Newsletter: Wed 22nd August 2018

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

Important Dates

August

Thu 9th

Year 10 - 12 Australian Maths Trust Competition

Tue 14th

Senior School Student Free Day

Senior School Pathway 1.00pm - 7.40pm in EPAC

Year 2-9 ICAS Mathematics

Mon 20th - Fri 24th

Book Week

Tue 21st

SACSA Year 6/7 AFL Football @ Kings Baptist 7.30am - 4.30pm

Wed 22nd

SACSA Year 8/9 AFL Football @ Barratt Reserve

Thu 23rd

SACSA Open AFL Football @ Barratt Reserve

2018 Term Dates

Term 3

Tue 24 Jul - Fri 28 Sep

Term 4

Mon 15 Oct - Wed 5 Dec

(Term dates subject to change)

2019 Term Dates

Term 1

Tue 29 Jan - Fri 12 Apr

Term 2

Tue 30 Apr - Fri 5 Jul

Term 3

Wed 24 Jul - Fri 27 Sep

Term 4

Mon 14 Oct - Wed 4 Dec

(Term dates subject to change)

Weekly Coffee Connect

Tuesday Morning

8.45am - 9.45am



Weekly Prayer Connect

Thursday Morning

8.45am - 9.15am



From the Head of Junior School

Dear Parents and Friends

During the most recent holidays I finished the series I spoke of at the beginning of last term: Rick Warren's study series '40 days of Love'. What a wonderfully refreshing recharge it was to me as a wife, mother, daughter and sister. Session 4 focussed on the fact that Love is forgiving. Families are both beautiful and complex at the same time. Rick Warren's reminder of the significance of daily forgiveness was encouraging.

Forgiveness occurs through grace (undeserved love and mercy; unconditional love toward a person who does not deserve it). The bible outlines very clearly that God commands us to forgive all people. Forgiveness can be difficult and therefore only possible with the help of God.

It was helpful to remember forgiveness is not about minimising the seriousness of the offense or resuming a relationship without changes.

I forgive because:

- 1) God has forgiven me
- 2) I will continue to need forgiveness from others in the future
- 3) Unforgiveness breeds bitterness.

Rick Warren suggests that people who do not forgive and let go, fall under the trap of bitterness and resentment; which is worse than a terminal illness. Bitterness makes people miserable. Unforgiveness eats away at our joy and happiness.

Rick suggested 'Three steps to forgiveness':

1. **Relinquish your right to get even**
"Never avenge yourselves. Leave that to God, for he has said that he will repay those who deserve it." (Rom 12:19). "Do good to those who hate you, bless those who curse you, pray for those who mistreat you." (Luke 6:27-28)
2. **Respond to evil with good**
"Do good to those who hate you, bless those who curse you, pray for those who mistreat you." (Luke 6:27-28). This is the ultimate evidence of being Christ-like.
3. **Repeat the process as long as necessary; repeat it over & over again.**
"Lord, how often should I forgive someone who sins against me? Seven times?" "No, not seven times," Jesus replied, "but seventy times seven!" (Matthew 18:21-22)

Rick reminds us we do not forgive because we feel like it; we forgive because God has forgiven us. We have to intentionally let things go over and over again. It is the love of God that enables us to forgive. We can pray to God 24/7 and ask him for strength and power to do this.

The joys and challenges of parenting change as our children grow. Our love and care for our children continues even as they grow up and leave home... May the Lord bless you in your significant roles as mothers, fathers and carers of our precious children. May He strengthen you with His love and power as you seek to model forgiveness with your children, just as Christ has done, and continues to forgive us.

Blessings,

Helen Vonow

Head of Junior School

Senior School

Impressionism and Cheese

What is life without artwork and cheese? The French certainly would not know! Recently the SA French Teachers' Association held an Impressionism Art Competition for Adelaide French students in honour of the beautiful 'Colours of Impressionism' Artwork Exhibition on display in the Art Gallery of South Australia, direct from the Musée d'Orsay in Paris. Subsequently, our Year 10 French class went on a French language tour of this Impressionism Art Exhibition, where students learned about processes used by painters such as Manet, Monet, Pissarro and Renoir to capture the light using 'le petit tache' (dabs of paint on canvas that are unblended).

As a class, we then spent time at school learning more about the history and methods of Impressionism Artwork, and why it was controversial and revolutionary as an art movement. Students prepared and created their own interpretation of the impressionist style in a painting depicting a scene of the French countryside. They did a wonderful job and had fun capturing the impressionist style.

This competition had over 100 entries from 10 French-teaching schools around Adelaide from multiple age-groups, and both Emmaus students Enya and Rani's paintings were chosen by the judges as part of the top 14 entries. Rani's painting depicted the shimmering heat of the French countryside in summer, and Enya painted a winter mountain scene. These were presented at a Bastille Day Opening Ceremony in the Central Market, along with speeches from the French Consulate of Adelaide, Sue Crafter.

Finalists were awarded a certificate to attend a prize french cheese session: an afternoon with French cheese specialist Valerie Henbest at the 'Smelly Cheese Shop' on Wright Street in the Adelaide CBD. This was a gloriously cheesy afternoon where Valerie introduced the finalists to the history and methods behind some of France's region-specific cheeses, of which there are over 1000. The students had a tour of 'le cave de fromage' where the process of 'affinage' takes place - the maturation and growing of the cheese. They were able to try a variety of different French cheeses, discovering one of France's main loves for themselves. French cheese and impressionism, what a combination.

Bravo et bon travail Enya et Rani.



Madame Burrow
Middle & Senior Teacher



Launch News

Aurecon Bridge Building Competition

Two Year 8 teams attended the 17th Annual Aurecon Bridge Building Competition at the South Australian Art Gallery. They competed against 28 other teams. The students had to build a bridge using limited materials of balsa wood, string and the post cylinder. One of our teams bridges held a weight of 51kgs and was the 5th strongest on the day. Well done to all involved.

Legacy Junior Speech Competition State Final

Kaitlin (Year 9) competed in the State Final on Friday evening at Legacy House against seven other students from around the State. She spoke clearly and confidently about the social justice issue of 'sweat shops' in the fashion industry. Her two minute impromptu speech was on '*Do I really care?*'. We are thrilled to announce that Kaitlin won and will be representing our State at the National Junior Public Speaking Competition in Sydney in November. Congratulations!

Susanne Milne
Launch Coordinator (Rec - Year 10)



Middle School Intake Change

You may be aware that the newly elected South Australian State Government has made a commitment to move Year 7 into Secondary Schools across SA by 2022.

As an R-12 School, this government change will have no impact on families already attending Emmaus Christian College, however will affect when students transition from other Primary Schools to our Middle School. In response to this State Government position, we have decided to undertake this Year 7 transition in 2020. This will see the inclusion of a further Year 7 class in 2020 to accommodate the entry of additional students, and we will no longer offer a Year 8 intake from 2021. Students entering at Year 8 in 2020 will be unaffected but will be the final Year 8 entry cohort at the College.

If you have any questions please contact Barb Greenslade, Registrar on bgreenslade@emmauscc.sa.edu.au or 8292 3834.

Sporting News

Welcome back to Term 3, the busiest sporting term of the year for all year levels. Our after school Primary and Middle School sporting program continues this Term. In Week 2 we had four teams compete in the Year 8/9 and Open Boys and Girls SACSA Basketball Carnival. Our Open Boys finished third and our Open Girls finished fifth overall. Both teams had their chances to push for higher honours, but it just was not meant to be this year. Both our Year 8/9 Boys and Girls teams prevailed to finish their days undefeated and win their respective carnivals. Obviously it was nice for these students to achieve these impressive results, but what was most impressive was seeing our students working for and with each other looking to achieve a common goal. A team first approach was evident from the start, and continued throughout their carnivals. These observations just proved that together the 'sky is the limit' in everything our students do, whether it be on the sporting fields, lego league or debating, etc. Thank you to the parents who came out to score, support the teams and take priceless pictures.

Our Primary Soccer, Basketball and Netball teams are continuing to improve and learn more about their respective sports. Some of these sports will be finishing midterm. Once the sporting season has concluded we will be holding our annual students vs parents match. We will also have a BBQ bringing together all families and acknowledging the efforts of coaches and support staff. Keep an ear and eye open for more details about these events happening soon at the College.

Last term I informed all students and families that Emmaus Christian College has its own 'Park Run' club. Those who may already know about Park Run will know this is a free event held weekly locally, nationally and internationally that people of all ages can take part in, promoting a healthy and active lifestyle. A 5km course is set up at various locations across the state marshalled by volunteers that people can complete at their own pace and have their times recorded. This is a great event that can be done individually, in pairs, in a small group of friends or as a family pushing the pusher. People are able to sign up as individuals at www.parkrun.com.au, and under the 'Running Club (optional)' scroll through and select Emmaus Christian College. This will enable the administrator for the Emmaus club to see students best times, total distance achieved and courses they have completed. When going to complete an event you need to take a printed copy of your personal barcode sent via email for officials to scan and then complete the course. At the end of the race you are able to log in and view your recent time, personal bests and total distance completed to date. In 2019 we will be looking to acknowledge those who have been active on a regular basis. Leading up to Christmas it will be good to acknowledge students and others results.

Student achievements

- Scarlett (Year 9) was a member of the SSSA State AFL Girls U15 team that finished third overall in the recent National Championships held in SA.
- Olivia (Year 8) was a member of the State Netball team that finished as Champions overall in the recent National Championships held in Queensland. She has also been selected as a reserve for the Australian U15 Netball heading to New Zealand.
- Anthony (Year 9) was selected in the State Table Tennis team to compete in Queensland.
- Olivia (Year 8), Lottie (Year 9) and Molly (Year 9) have all been selected in the two SACSA National Netball teams to compete in Queensland at the National Christian School Games next year.
- Amir (Year 5) won the 5km Marathon in Tokyo, Japan.
- Adelaide's (Year 5) Calisthenics Club won first place in the Sub Junior National competition against 3 other States in Canberra during the school holidays.
- Tyler (Year 8) has been selected to represent South Australia in the 2018 Kurt De Fris U15 National Ice Hockey Tournament. The tournament will be held in Canberra from 1st - 5th August.
- Mitch (Old Scholar 2017) was selected in the 2018 AFL SA State Country side that defeated Western Australia Country team before the AFL Crows vs Demons.

Daryl Porter

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

Student Wellbeing Coordinator

Regulating Emotions

When children become overwhelmed we sometimes say that they have trouble regulating emotions. Regulating emotions is a tricky issue for many adults let alone for small children. However research tells us that when small children are taught how to regulate emotions, it makes their journey through adolescence easier and their transition to adult hood much smoother too.

Many counsellors and psychologists help teach these skills to children, and as parents we can teach these skills too.

Here are a few tips from the 'Good Therapy' website that parents might find useful:

- Use feeling words when speaking with your child
- Be more curious and less educating – ask your child to elaborate about their uncomfortable feelings
- Do not keep score
- Talk about negative emotions being transitory, like the weather, the tides the season etc.
- Get a poster of emoji's with the feelings written below – and refer to it often
- Speak together in the evening about things that happened during the day and the feelings that went with these events
- Talk about how you handle your own uncomfortable feelings
- Help your child write a list of things they can do when they feel uncomfortable emotions

For more details about this list and other helpful suggestions and to read the article please [click here](#) If you would like to speak to either Ben Squire or myself about your own children and this issue please contact us at the College via email or on our phone 8292 3828.

Sue Chapman

Student Wellbeing Coordinator

Careers Corner

Pathway Planning Day is nearly upon us, which brings the conversation to what subjects your child will be choosing for next year. This is also the perfect time to start discussing VET courses.

VET courses are nationally accredited certificate courses that provide students with industry based training and specific employment related skills. The qualifications usually range from a Certificate I through to Level III and attract SACE points (200 points are required for SACE completion).

There are many VET courses available and include industries such as:

Agriculture and Horticulture, Allied Health - Child Care, Aged Care and Disability Care, Animal Studies, Automotive, Business Services, Christian Ministry (Vetamorphus), Conservation and Land Management, Construction, Electrical/Engineering, Fashion and Design, Hairdressing and Beauty, Hospitality, Information Technology and Digital, Media, Music, Nursing, Retail, Sport, Fitness and Recreation.

Applications are now open for Emmaus' Certificate II Electrotechnology (Career Start) which is held on site in our Trade Training Centre.

For more information about VET Courses or the Certificate II Electrotechnology course, please email me ctorjul@emmauscc.sa.edu.au.

Cathy Torjul

VET Co-ordinator

Music

Spring Instrumental Evening - Thursday 6th September

Sign up is now open for the evening scheduled for Thursday 6th September. The event is open to students who are learning to play a musical instrument either at College or privately. This is an excellent opportunity to perform in front of a supportive audience and for parents and students to hear musical talent. Please remember places are limited. To sign up click [here](#).

Performing Arts Calendar 2018

Term 3	Week 5	Friday 24 th August	SA School Band & Orchestra Festival @ Westminster School
	Week 7	Thursday 6 th September	Spring Instrumental Evening @ 7.00pm in EPAC
	Week 9	Wednesday 19 th - Thursday 20 th September	Junior School Musical
Term 4	Week 3	Thursday 1 st November	Music Count Us In

Andrew Verco

Music Coordinator (Rec - Year 12)

First Aid

Let's Talk Asthma

People often treat their asthma as a short-term condition that comes and goes. But asthma is a chronic condition that is always there, even when you do not have symptoms.

Register with Asthma Australia for their free asthma information service that aims to support you in better managing your asthma.

As a member, you will receive:

- An electronic Asthma Control Pack, full of asthma resources and information.
- onAIR e-newsletter, jam packed with updates on asthma management, latest research and what Asthma Australia is currently doing.

For further information and to register click [here](#).

Ros Argent and Maria McIver First Aid Officers

Canteen Roster

Do you have spare time and would like to contribute to the school community?

If you would like to volunteer and help in the Canteen, we would love to hear from you.

The days we need help are Wednesday's and Friday's. Once a term would be great, if you are able to do more, that would be awesome. Please leave your details with Student Services and we will return your call to organise a day that suits you.

Many thanks, Christine and Sharon.

Week 3 T3

Thu 9 th	No help needed
Fri 10 th	Tam Battersby

Week 4 T3

Mon 13 th	No help needed
Tue 14 th	No help needed
Wed 15 th	Karen Baker
Thu 16 th	No help needed
Fri 17 th	HELP NEEDED

Week 5 T3

Mon 20 th	No help needed
Tue 21 st	No help needed
Wed 22 nd	Alisa Wenzel
Thu 23 rd	No help needed
Fri 24 th	HELP NEEDED

Week 6 T3

Mon 27 th	No help needed
Tue 28 th	No help needed
Wed 29 th	HELP NEEDED
Thu 30 th	No help needed
Fri 31 st	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

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
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Uniform Updates

Rugby Shorts

2018 is the last year the plain navy rugby shorts will be worn. The expectation is all students will wear the microfibre navy short with gold piping from 2019. Thank you for your cooperation.

Primary School Track Pants

The plain navy track pant can continue to be worn in 2018 and 2019. The expectation is all students will wear the microfibre track pant with the gold piping from 2020.

For more information, please call the uniform shop Monday or Thursday on 8292 3888.

Christine Blom-Cursaro Uniform Shop Manager

Community News

Autism SA - Early Days

Early Days is a series of free workshops for parents, grandparents, and families of young children (0-6 years) who have an Autism Spectrum Disorder or who are going through the assessment and diagnostic process.

This initiative is funded by the Australian Government Department of Social Services through the Helping Children with Autism package.

There are a series of workshops available. Families may choose to attend one, several or all of the workshops. It is recommended to attend the 'my child and Autism' Workshop first.

For more information or to register, please go to www.autismsa.org.au/early-days and click on the title of the workshop you would like to attend or telephone 8462 0658.

Senior School Career Planning

Pathway Planning Day

Please remember that **Tuesday 14th August** is Pathway Planning Day for Senior Students at Emmaus Christian College. Parents when parents accompany their students to an appointment review their career directions and to choose subjects for 2019 or to discuss their post-school options. This day is a **STUDENT FREE** day for senior students, apart from their scheduled appointment with a parent and a teacher advisor.

Tertiary Open Days



Our year 12 students have had the opportunity to have tours of UniSA and Adelaide Uni, and the Year 11 students will spend the day at Flinders Uni as a school excursion, this time still provides an ideal opportunity to visit the campuses of Universities and discuss courses and view facilities, to assist students with career decision making.

The open days are scheduled over a weekend, anticipating that parents may like to accompany their students.

Following are some details of open times for some of the specific institutions:

- **Flinders Uni -Friday 10th & Saturday 11th August - 9:30am - 3:30pm**
<http://www.flinders.edu.au/opendays>
- **UniSA City West - Sunday 12th August - 9am - 4:30pm**
<http://www.unisa.edu.au/openday/>
- **Adelaide Uni - Sunday 12th August at the North Terrace Campus - 9 am - 4 pm**
<http://www.adelaide.edu.au/openday>
- **Tabor Adelaide Saturday 11th August from 10am-3pm**
<https://tabor.edu.au/tabor-open-day-2018>
- **TAFE SA Adelaide College of Arts Sunday 12th August – 10:30am -2:30pm**
<https://www.tafesa.edu.au/adelaide-college-of-the-arts/ac-arts-events>

Dr JUSTIN
COULSON  presents



**PARENTING TOOLS
TO HELP YOUR
ADOLESCENT THRIVE**

...and you to survive!



TUESDAY 4 SEPTEMBER

7.00pm – 9:00pm

Emmaus Christian College

To be held in the Emmaus Performing Arts Centre (EPAC)

www.trybooking.com/WPMN