

Next College Newsletter: Wed 31 October 2018
Please email your articles to: newsletter@emmauscc.sa.edu.au

Important Dates

October

Fri 19

SACSA Yr 8/9 Volleyball @ ARC Campbelltown

Fri 19 - Sat 20

Year 2 Sleepover

Sat 20

Year 5/6 Choir @ Adelaide West
UC Fair 1.00pm - 2.00pm

Wed 24

Year 12 Final Music SACE Assessment

Thu 25

Year 12 Staff/Student Farewell Dinner 6.30pm @ The Highway

Fri 26

Year 12 Final Day Celebration

Wed 31

Rec - Year 2 Oral Heath Visit

SACSA Year 4-7 Netball @ Golden Grove

November

Thu 1

Music Count Us In

Thu 1 - Fri 2

Year 3/4 Camp @ Mylor

2018 Term Dates

Term 4

Mon 15 Oct - Wed 5 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 Chaplain

Dear Parents and Friends

A Light On My Path

Welcome back to the start of our final school term for 2018! As together we press towards the end of the year I have been reflecting upon the idea of growth and how we overcome the challenges that life brings.

In week 10 of last term I had the pleasure of attending the Year 9 Right Journey Camp. It was a fantastic experience in which our students were hiking, participating in a number of outdoor activities, camping out each night and cooking their own food. Well done to all students for rising to the challenge and for all the organisation from staff to make it happen. I was struck by the reaction of students as they began the week long journey of the camp on the Monday. Some were visibly nervous at the prospect of the challenges before them. Others were relishing the chance to spend a week outdoors.

It is a bit like life really. Every day we are faced with challenges, some weeks they seem like they are piled high, whilst at other times it may feel like plain sailing. Obstacles and challenges will most certainly come across our path. How we react to the challenges we face is the important thing.

The Psalmist writes in **Psalm 119:105**,

¹⁰⁵ Your word is a lamp for my feet, a light on my path.

The encouragement here is to keep on plodding. One step at a time. Our students had to focus on that principle; after hiking for many kilometres on end they had to keep on stepping, plodding one foot after the other. It is an interesting analogy to unpack. Throughout our lives there are moments when all we can do is plod. At times we may want to sprint, desiring to know where the final destination lies. But remember, God's word, His direction if we like, is akin to a lamp guiding one footstep at a time.

How that principle flies in the face of the conventional wisdom of the world! Busy, busy, busy... faster, faster, faster is the beat to which our society steps. We want a flood light for the highway not a lamp by our feet! There is a drive to map out and achieve a five year plan, goals and KPI's govern so much of our output. Nothing inherently wrong with that. Aim high. Plan to succeed. Work hard. Absolutely. However, in that journey of striving to achieve, as followers of Jesus we need to exercise trust in God when the waters get a little muddy. In fact we ought to place our trust in God in all things, in all situations – trial, obstacle, or plain sailing. A torch guiding our steps on a dark unknown trail only shines so far. The good news is, there IS a light guiding us on our way. One step at a time.

So when you are next faced with a challenge, how will you react? When all you can do is plod, grinding your way through the hard time – in whom is your trust?

Deuteronomy 31:6 tells us,

⁶ Be strong and courageous. Do not be afraid or terrified because of them, for the LORD your God goes with you; he will never leave you nor forsake you.

Whatever may be before you, God's got this. I pray for us all, that we would have the strength and the courage to place our trust and faith into God's hands. Good time or bad. Always and in every situation. He goes before you lighting the way. Follow the light.

Peace to you,

Adam Wood
Chaplain

Junior School

Year 6 Camp

In the last week of Term 3, Year 6 students flew to Canberra to undertake an educational tour of the National Capital. I can honestly say it was one of the most informative camps I have been on in my entire teaching journey! A personal highlight occurred when we were honoured to meet the Governor General at Government House. I felt proud to witness the way our students addressed His Excellency General the Honourable Sir Peter Cosgrove AK MC (Retd) with so many excellent questions. This was a surprise opportunity not all school groups are able to experience.

Throughout the week students were given the opportunity to participate in a variety of educational programs with a focus on Australia's history, culture, heritage and democracy. We visited Parliament House, Old Parliament House, Government House, the War Memorial, Mount Ainslee, Floriade, the Royal Australian Mint, CSIRO, Electoral Education Centre, National Gallery of Australia, Australia Institute of Sport, Indonesian Embassy, National Museum of Australia, and Questicon (National Science and Technology Centre). All of these places do such a great job hosting and educating children.

The Australian Government recognises the importance of all young Australians being able to visit the National Capital as part of their Civics and Citizenship education and as such assists families in meeting the cost of the camp by contributing funding of \$60.00 per student. We would like to thank the Australian Government for their support of all young Australians who are eligible for funding to support their visit to the National Capital under the Parliament and Civics Education Rebate (PACER) programme.



Helen Vonow
Head of Junior School

Logo Refresh

At Emmaus Christian College, we aim to honour Christ in everything we do and say. Through striving for excellence in Christ-centred education founded on Biblical truths, our College offers a unique Christian distinction.

Our College logo is an important visual representation of this Christian distinction and our unique brand.

In order to ensure that our College is continually represented accurately and effectively, our logo has been refreshed.

You will begin to see the refreshed logo updated across many communications over the coming months. If you have any questions, please contact [Sonia Wood](#), Marketing and Community Relations Coordinator.

College News

Oliphant Science Awards

Congratulations to Kaitlin, Cameron and Ruby for coming first, second and third in the Scientific Inquiry Section of the Oliphant Science Awards. Congratulations to all of the students who entered this section, because of their wonderful efforts and excellent standard of work, Emmaus Christian College won the CSIRO CREST (Creativity in Research, Engineering, Science and Technology) School Prize for the best non-CREST Senior School for consistently high participation and achievement in the Scientific Inquiry and Models & Inventions categories. 106 Schools took part in the awards this year. We are very proud of our students and their achievements.

Cameron also won first prize in the Computer Programming & Robotics section. Cameron was awarded a second place prize in the South Australian Young Scientist Award. This is a fantastic achievement for Cameron. Well done for superb work in your projects.

We wish them all the best as they have been selected to compete in the National BHP Billiton Foundation Science and Engineering Awards this term.

Allison Storey
Middle School Teacher

Sporting News

Welcome back to Term 4. I hope that you all enjoyed the holiday with family and friends and were able to recharge yourselves for a busy term ahead. At the end of Term 3 we had our Year 8/9 and Open Girls and Boys SACSA Soccer carnival. Both our open teams finished runners up, our Year 8/9 girls finished fourth overall and Year 8/9 Boys finished seventh overall. The standard for the competition was strong overall, with some opposition players being part of state and national level representative teams. However, team approach will always defeat an individual approach which was evident in our results. Well done to the players and coaches of these teams. We also had a small number of students compete at the SAPSASA State Athletic Championship Day at Santos Stadium, and a number of other students qualified but were unable to attend due to school event clashes. Brightlyn, Samantha and Eliza represented themselves and the College very well. This event will now be held in Term 2, 2019, so we are looking forward to having more Emmaus students involved displaying their skills and abilities.

Term 4 sport starts straight away in Week 1 with Year 8/9 and 10/11 Boys and Girls SACSA Volleyball competitions. This is the first time Emmaus have entered teams into this event and we hope that our students enjoy the experience and develop an interest to play the sport outside of school in the future at any level. Other events happening this term are Year 4/5 and 6/7 Boys and Girls Netball (Week 3) and Basketball (Week 5). I hope to report back later in the term about our Emmaus' team successes.

Later in the term we will be holding after school golf clinics for Junior School students to come and learn more about the sport while having fun and trying a sport that we do not usually take part in. More information will be sent out once specifics are confirmed. Running Club recommences on Tuesday 23 October (Week 2) 7.30am – 8.10am at the College for Junior School students and parents. This term we will be looking forward to using the new playing surfaces for our morning activities in the lovely early summer weather. It will be great to see as many people out being active starting the day off on a good note.

Student achievements

Panashe (Year 8) was selected in the FFSA Under 14 Boys Soccer team to compete in the FFA National Youth Championships in Coffs Harbour, New South Wales.

Please let us know about your child's sporting achievements so that we can acknowledge them with the wider Emmaus community. If you have any queries about sport related matters please feel free to contact the school or email [myself](#) or PE Assistant [Steph Dolman](#).

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

First Aid

Gastroenteritis

Important information to help you care for your family.

Gastroenteritis is an illness triggered by the infection and inflammation of the digestive system. Gastro can be caused by many different germs although the most common cause of gastro is a viral or bacterial infection. Typical symptoms include abdominal cramps, diarrhoea and vomiting. In many cases the condition is self-limiting and resolves in a few days. The main complication of gastroenteritis is dehydration so it is extremely important to keep drinking plenty of fluids. A person suffering from severe gastroenteritis may need fluids intravenously.

When to see a doctor

- If your child is unable to keep any fluids down
- If symptoms are severe or do not improve
- If you think your child is dehydrated, eg not passing urine, is pale and has lost weight, sunken eyes, cold hands and feet, or is hard to wake up
- Fever
- Abdominal pain
- Bloody diarrhoea
- Any symptoms in a child less than 12 months of age
- OR you are worried for any other reason

Preventing the spread of gastroenteritis

- It is important that all members of the family remember to wash hands well with soap and warm water, especially after going to the toilet, before and after handling food and after caring for someone who is sick
- It is also important to wipe down all frequently touched surfaces regularly (eg shared equipment, telephones, computer keyboards, door handles) and to make sure all food preparation surfaces are kept clean

Exclusion

Children are to be excluded from school until there has not been any diarrhoea or vomiting for at least 24 hours.

Ros Argent & Maria McIver
First Aid Officers

Student Wellbeing Coordinator

Girls

Many times I have heard parents say something like *"my girl is 10 going on 20!"*

Although this may sound like an exaggeration, it is true that parents are noticing that girls appear to be displaying adolescent tendencies at a younger age.

I was interested to read in a recent article by Dannielle Miller from 'The Butterfly Affect', that it is not just parents noticing this change.

In her article entitled, 'For girls 10 is the new 15', Danni suggest the following:

- That a significant number of girls are hitting adolescence at a younger age – over the last 20 years the average age of onset of menstruation has dropped
- Rather than finding childhood carefree, many children of both genders report feeling overwhelmed – many children cannot cope with the extra pressure that families are experiencing
- There is increased external academic testing happening in our primary schools - parenting experts suggest that too much emphasis on these tests can lead to less child led play opportunities
- The average age for the first exposure to porn is 11 years old - young people need to have conversations with their parents early around sexuality and respectful relationships
- Social Media platforms such as Snapchat and Instagram state the minimum age to sign up is 13 – despite this, surveys suggest that parents are ignoring these age limits and are allowing their children to sign up to these potentially dangerous sites at a much earlier age

Our young girls – despite appearing to mature early really still require parents to give them firm, clear, safe boundaries to protect their childhood and prevent exposure to messages and images that can potentially cause long-term harm.

To read this article in full please go to <http://enlightenededucation.edublogs.org/2018/09/16/for-girls-10-is-the-new-15/>

Sue Chapman
Student Wellbeing Coordinator

Canteen Roster

Week 1 T4

Thu 18 No help needed
Fri 19 Katherine Papazoglou

Week 2 T4

Mon 22 No help needed
Tue 23 No help needed
Wed 24 Sam Allison
Thu 25 No help needed
Fri 26 **HELP NEEDED**

Week 3 T4

Mon 29 No help needed
Tue 30 No help needed
Wed 31 Alisa Wenzel
Thu 1 November No help needed
Fri 2 Nancy Pantelis

Week 4 T4

Mon 5 No help needed
Tue 6 No help needed
Wed 7 Catherine Chua
Thu 8 No help needed
Fri 9 Tam Battersby

WE NEED HELP ON FRIDAY 16 NOVEMBER

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

Junior School House Coloured Polo Shirt

The Uniform Committee has decided to retire the house coloured sport polo (Emerald, Ruby, Topaz). We are aiming to achieve a more consistent looking uniform from Junior School through to Middle and Senior School.

The house coloured sport polo will continue to be worn until the end of 2019. New students will be required to wear the house coloured sport polo. We have reduced the price of the polo from \$35.00 to \$23.00.

If you have any concerns, please contact the uniform shop. Thank you for your cooperation.

2018 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 |

Additional Opening Hours for December 2018

| | | | |
|-------------|--------|----------|-----------------|
| 2018 | Dec 6 | Thursday | 8.30am -10.00am |
| | | | 3.00am - 5.00pm |
| | Dec 10 | Monday | 9.00am - 4.00pm |

Additional Opening Hours for January 2019

| | | | |
|-------------|--------|-----------|-------------------------------|
| 2019 | Jan 10 | Thursday | 9.00am - 1.00pm |
| | Jan 11 | Friday | 9.00am - 1.00pm |
| | Jan 14 | Monday | 10.30am - 5.00pm |
| | Jan 15 | Tuesday | 10.30am - 5.00pm |
| | Jan 16 | Wednesday | 10.30am - 5.00pm |
| | Jan 17 | Thursday | 8.30am - 4.00pm |
| | Jan 18 | Friday | 8.30am - 4.00pm |
| | Jan 21 | Monday | 8.30am - 5.00pm |
| | Jan 22 | Tuesday | 8.30am - 5.00pm |
| | Jan 23 | Wednesday | Closed |
| | Jan 24 | Thursday | 8.30am - 5.00pm |
| | Jan 25 | Friday | 8.30am - 1.00pm |
| | Jan 28 | Monday | Closed - Australia Day |
| | Jan 29 | Tuesday | 8.30am - 10.00am |
| | | | 3.00pm - 5.00pm |

Christine Blom-Cursaro
Uniform Shop Manager

Upcoming Events

Parent Workshops - Middle School Maths

Location Emmaus Christian College, Staff Room, Level 1

Workshop Date Wednesday 24 October, 7.30pm to 9.30pm

[BOOK NOW](#) at Trybooking

Presented by the Mathematical Association of SA, this FREE workshop will present how concepts for Middle School Mathematics are now taught in school. Complementary to last term's workshops and due to interest from parents, it is an opportunity to help you understand the topics to better support your child's learning progress. The presentation will be flexible to the needs of parents attending and help become more confident to understand and support their children learn mathematics.

Music

If you are considering instrumental lessons for your child in 2019 please complete an enrolment and agreement form to guarantee a place. Forms are available on the College website, Music Suite or Front Office. Places are limited for some instruments.

Performing Arts Calendar 2018

| | | | |
|--------|--------|---------------------|-------------------|
| Term 4 | Week 3 | Thursday 1 November | Music Count Us In |
|--------|--------|---------------------|-------------------|

Andrew Verco

Music Coordinator (Rec - Year 12)



CANTEEN **SUMMER** PRICE LIST 2018

TERM 1 and 4

*Indicates items free of certain additives (see over page for list)

GF Indicates Gluten Free Products

V Indicates Vegetarian

SUSHI

WEDNESDAY ONLY

| | |
|---|------|
| Smoked Salmon GF /Teriyaki Chicken/Cooked Tuna GF / | 2.50 |
| Vegetarian GF /California Rolls GF | 2.50 |
| Soy Sauce | .10 |

| | |
|---------------------------|----------------------------|
| Chicken "cold roll" Salad | WEDNESDAY ONLY 5.00 |
| Beef "cold roll" Salad | WEDNESDAY ONLY 5.00 |

| | |
|-----------------------------|-------------------------------|
| Butter Chicken with Rice | WEDNESDAY ONLY GF 5.00 |
| Malaysian Chicken with Rice | WEDNESDAY ONLY GF 5.00 |

1/2 VIETNAMESE ROLL THURSDAY ONLY

Please give an alternative on lunch order bag

| | |
|--|------|
| Thai chicken / Butter Chicken / Roast Pork / Tofu V | 2.50 |
|--|------|

BAGUETTES - White or Wholemeal

| | |
|--|------|
| Meatballs, tomato sauce, lettuce, grated cheese ORDERS ONLY | 3.50 |
|--|------|

| | |
|--|------|
| New Falafel, carrot, lettuce, mayo V | 3.50 |
|--|------|

| | |
|---|------|
| Chilli chicken strip, carrot, lettuce, mayo | 3.50 |
|---|------|

| | |
|---------------------------------------|------|
| Chicken strip, carrot, lettuce, mayo* | 3.50 |
|---------------------------------------|------|

| | |
|--------------------|------|
| Chicken and salad* | 4.50 |
|--------------------|------|

*Salad=lettuce, cucumber, tomato, grated carrot, mayo

SANDWICHES - Wholemeal Only - ORDERS ONLY

| | |
|----------|------|
| Buttered | 1.20 |
|----------|------|

| | |
|----------|------|
| Vegemite | 1.60 |
|----------|------|

| | |
|---------------|------|
| Light Cheese* | 3.00 |
|---------------|------|

| | |
|---|------|
| Salad: lettuce, cucumber, tomato, grated carrot, mayo | 3.50 |
|---|------|

| | |
|-----------------------|------|
| Meat: Chicken* or Ham | 3.50 |
|-----------------------|------|

| | |
|-------------------------|------|
| Light Cheese and salad* | 4.00 |
|-------------------------|------|

| | |
|---------------------------------|------|
| Meat: Chicken* or Ham and salad | 4.00 |
|---------------------------------|------|

*Salad=lettuce, cucumber, tomato, grated carrot, mayo

GF bread is available. MARK clearly on lunch order.

WRAPS - ORDERS ONLY

| | |
|------------------|------|
| Chicken & salad* | 4.00 |
|------------------|------|

| | |
|--|------|
| Chilli chicken strips, lettuce, carrot, mayo | 4.00 |
|--|------|

| | |
|--|------|
| Chicken strips, carrot, lettuce, mayo* | 4.00 |
|--|------|

| | |
|--|------|
| New Falafel, carrot, lettuce, mayo V | 4.00 |
|--|------|

*Salad=lettuce, cucumber, tomato, grated carrot, mayo

SALADS - ORDERS ONLY

| | |
|-------------|------|
| Ham & salad | 4.00 |
|-------------|------|

| | |
|------------------------------------|------|
| Cheese & salad* Gluten Free | 4.00 |
|------------------------------------|------|

| | |
|-------------------------------------|------|
| Chicken & salad* Gluten Free | 4.00 |
|-------------------------------------|------|

EXTRAS

| | |
|------------|-----|
| Spoon/Fork | .10 |
|------------|-----|

| | |
|-------|-----|
| Mayo* | .20 |
|-------|-----|

| | |
|---------------|-----|
| Tomato Sauce* | .20 |
|---------------|-----|

| | |
|---------------------|-----|
| Light cheese slice* | .50 |
|---------------------|-----|

| | |
|--|-----|
| Salad item* (lettuce or cucumber or tomato or grated carrot) | .50 |
|--|-----|

HOT FOOD

| | |
|-------------------------|------|
| Vegetarian spring roll* | 1.00 |
|-------------------------|------|

| | |
|--------------|------|
| Garlic Bread | 2.00 |
|--------------|------|

| | |
|---------------------------------------|------|
| Pizza: Ham & Pineapple/Cheese & Bacon | 2.00 |
|---------------------------------------|------|

| | |
|---------------|------|
| Potato wedges | 2.00 |
|---------------|------|

| | |
|-------------------------|------|
| Hot dog NO sauce | 3.30 |
|-------------------------|------|

| | |
|---------------------------|------|
| Hot dog WITH sauce | 3.50 |
|---------------------------|------|

| | |
|-----------|------|
| Light pie | 3.50 |
|-----------|------|

| | |
|------------------|------|
| Light potato pie | 3.50 |
|------------------|------|

| | |
|-----------------|------|
| Light pizza pie | 3.50 |
|-----------------|------|

| | |
|--------------------|------|
| Light Sausage roll | 3.50 |
|--------------------|------|

| | |
|-------------------------|------|
| Spinach and cheese roll | 3.50 |
|-------------------------|------|

| | |
|-------------------------------|------|
| Meat Pasty ORDERS ONLY | 4.00 |
|-------------------------------|------|

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|---|------|
| Wholemeal vegetarian pasty ORDERS ONLY | 4.00 |
|---|------|

| | |
|---------------------------------|------|
| Gluten Free Sausage Roll | 4.50 |
|---------------------------------|------|

| | |
|---------------|-----|
| Tomato sauce* | .20 |
|---------------|-----|

BURGERS - ORDERS ONLY

| | |
|---|------|
| Vegetarian: Vegetarian patty, carrot, tomato, cucumber, lettuce, mayo | 4.00 |
|---|------|

| | |
|--|------|
| Beef: Beef patty, lettuce, mayo, tomato sauce* | 4.00 |
|--|------|

| | |
|--|------|
| Chicken: Crumbed chicken patty, lettuce, mayo* | 4.00 |
|--|------|

GF is available in the chicken with GF bread.

MARK clearly on lunch order.

SNACKS

| | |
|------------------|------|
| 3 Jatz biscuits* | 0.30 |
|------------------|------|

| | |
|------------------------|------|
| Fruit strap* GF | 0.50 |
|------------------------|------|

| | |
|------------|------|
| Go cookie* | 1.00 |
|------------|------|

| | |
|------------|------|
| Grainwaves | 1.00 |
|------------|------|

| | |
|---|------|
| Chips: plain*, honey soy, veg chips GF | 1.00 |
|---|------|

| | |
|------------------|------|
| Fruit in season* | 1.20 |
|------------------|------|

| | |
|-------------------|------|
| Light choc muffin | 1.50 |
|-------------------|------|

| | |
|------------------|------|
| Gingerbread kids | 1.60 |
|------------------|------|

| | |
|---------------|------|
| Banana bread* | 2.00 |
|---------------|------|

ICEBLOCKS (over the counter ONLY)

SLUSHIES (over the counter ONLY)

| | |
|-------------|------|
| Fruit tubes | 0.50 |
|-------------|------|

| | |
|-----------------------------|------|
| Moo - Strawberry/Chocolate* | 1.00 |
|-----------------------------|------|

| | |
|---------------------|------|
| Lifesaver Icy Pole* | 1.00 |
|---------------------|------|

| | |
|--------------------|------|
| Lemonade Icy Pole* | 1.00 |
|--------------------|------|

| | |
|---------------|------|
| Frosty Fruit* | 1.00 |
|---------------|------|

| | |
|----------|------|
| Juicies* | 1.00 |
|----------|------|

| | |
|-----------------------------|------|
| Frozen yoghurt - strawberry | 2.00 |
|-----------------------------|------|

DRINKS

| | |
|------------------------|------|
| 500ml Thank You Water* | 1.50 |
|------------------------|------|

| | |
|-------------------|------|
| 250ml Just Juice* | 1.50 |
|-------------------|------|

| | |
|---|------|
| 250ml Up & Go (Chocolate*/Strawberry*/Vanilla*) | 2.00 |
|---|------|

| | |
|----------------------------------|------|
| 250ml Oak Strawberry*/Chocolate* | 2.00 |
|----------------------------------|------|

| | |
|-----------------------------------|------|
| 350ml Golden Circle: Apple/Orange | 2.20 |
|-----------------------------------|------|

Apple Blackcurrant*

CANTEEN PROCEDURES & RULES – 2018

ALL STUDENTS please print your name, class and year level CLEARLY on your lunch order bag so we can read it easily.

1. ORDERING

Junior Student Orders

Please place your lunch order in the class Canteen lunch box. The class Canteen box will be taken to the Canteen by the class monitors.

Junior Recess Orders

Junior students must place an order for recess and collect it from the Canteen at recess time. Place the recess order in the Canteen lunch box. Mark items required for recess clearly on your order. The Canteen window is not open for sales at Junior School recess. Junior students are not to come to the Canteen window at recess unless collecting a recess order.

Secondary Student Orders

Please place your orders by 9.30am in the blue Canteen box outside Reception. Secondary lunches can be collected from the Canteen in the first 10 minutes of lunchtime.

All Students Late For School

Lunch orders can be left at Student Services or Reception before 9.30am. If students arrive after 9.30am, they are required to take their orders direct to the Canteen.

Teachers

Please order lunches before 9.30am and place in the blue Canteen box outside Reception.

NOTE:

- There will be **no** orders taken at recess time unless a student is late to school.
- Please do not order iceblocks. They can be purchased direct at lunchtime.
- Should orders miss the deadline, not all items are available.
- There are some foods that can only be purchased if ordered, e.g. sandwiches, rolls, chicken burgers and spaghetti.

2. CREDIT/FORGOTTEN LUNCHES

Junior Students

The Canteen **does not provide** credit. Junior students forgetting their lunch or money should report this to their teacher as soon as possible. They should go to Student Services or Reception by 9.30am, where arrangements will be made with the Canteen to supply an emergency lunch (a piece of fruit for recess \$1.20 and baguette for lunch \$3.50). Payment will be required the following day.

Secondary Students

Report directly to the Canteen Manager.

Canteen to supply an emergency lunch (a piece of fruit for recess \$1.20 and baguette for lunch \$3.50). Payment will be required the following day.

3. LUNCH BAGS

Please ensure a supply of lunch bags is kept at home. Lunch bags can be collected from the Canteen or at Student Services.

* Indicates items free of the below additives

AVOID THESE ADDITIVES

| | |
|-------------------------------|--|
| COLOURS | 102, 104, 110, 122, 123, 124, 127, 129, 132, 133, 142, 143, 151, 155 natural colour 160b (annatto) |
| PRESERVATIVES | <i>Sorbates:</i> 200, 201, 202, 203 <i>Benzoates:</i> 210, 211, 212, 213 <i>Sulphites:</i> 220, 221, 222, 223, 224, 225, 226, 227, 228 <i>Nitrates, nitrites:</i> 249, 250, 251, 252, <i>Propionates:</i> 280, 281, 282, 283 |
| SYNTHETIC ANTIOXIDANTS | <i>Gallates:</i> 310, 311, 312 <i>TBHQ, BHA, BHT:</i> 319, 320, 321 |
| FLAVOUR ENHANCERS | <i>Glutamates incl MSG:</i> 620, 621, 622, 623, 624, 625 <i>Ribonucleotides:</i> 627, 631, 635 <i>Hydrolysed Vegetable Protein (TVP)</i> |
| ARTIFICIAL FLAVOURS | No numbers since they are trade secrets |

Thank you for your cooperation.

Free parenting seminar

The secret life of teenage girls



Are you the parent
of a teen or pre-teen girl?
Come and join us or watch our live webcast.

Dr Justin Coulson, nationally recognised parenting speaker and author will talk about:

- what it's like to be a girl in today's world
- things girls worry about, how to support them and give them hope
- how to stay connected with your daughter when it seems she doesn't want to
- what this means for raising boys.

Register to attend in person or view the live webcast at:

Online: <http://parentingsa.eventbrite.com.au>
Phone: 8303 1660
Email: health.parentingsa@sa.gov.au

This seminar is designed for an adult audience.

Tuesday 6 November

When: 7.00 - 9.00pm

Where: City Rooms
Adelaide Convention Centre
North Terrace, Adelaide

Presented by Parenting SA.
For more information about
raising children and teenagers visit
www.parenting.sa.gov.au or
www.cyh.com

Helping parents be their best



**Government of
South Australia**



Adelaide West
Uniting Church

COMMUNITY FAIR

SATURDAY OCTOBER 20

3/2 SIR DONALD BRADMAN
DRIVE, BROOKLYN PARK



www.awuc.org.au



FREE
ENTRY

9:00

AM

till

2:30

PM



FREE

live **MUSIC** entertainment

foodstalls

concert band

HOMEMADE

School Music

PRODUCE

Ensembles

CRAFT PLANTS

2ND HAND BOOKS, GAMES, CDS



add to calendar