

# Newsletter

Week 11, Term 1 | 10 April 2019

### **IMPORTANT DATES**

### APRIL

Wed 10 - Fri 12	Yr 8 Camp @ El Shaddai
Fri 12	Whole School Casual Day

Yr 12 Formal

Yr 12 Student Free Day END OF TERM (Normal Finish Time)

Mon 29 Student Free Day
Tue 30 TERM 2 COMMENCES

WAT	
Fri 3	SACSA JS Athletics @ Santos Stadium
Fri 3 - Sun 5	Generations in Jazz @ Mount Gambier
Mon 6 - Fri 10	Foundation Water Safety Program @ SA Aquatic Centre

Fri 10 JS Mothers Day Stall

### From the Head of Middle School

**Dear Families and Friends** 

### **Once For All**

It has been a great start to the year and I am so thankful to the Emmaus community for welcoming me in with open arms. I have thoroughly enjoyed getting to know staff, students and families and gain a greater appreciation for the special culture this amazing community has. The source of our community's tremendous sense of purpose and belonging is founded in Jesus.

As we get closer to Easter, I encourage you to take the time over a meal to discuss the significance of Easter to your life and that of your family. In a time where things around us are so rushed and temporary, we have hope in a cornerstone that is strong, reliable, unchanging and everlasting. In fact, we have full assurance of the completeness of what Jesus achieved at that first Easter. In **Hebrews 10:10** we read how, *"we have been made holy through the sacrifice of the body of Jesus Christ once for all"*. This was no temporary fix or patch up job. Jesus' work at the cross has fully and completely restored us as children of our loving and good God. He desires rich and meaningful relationship with us and went to every effort to make this possible through Jesus. It was so complete that Jesus did something to symbolize this that no other a Jewish high priest would ever do.



#### He sat (Hebrews 10:12).

Priests did their work standing as a symbol that their work was never finished, that sacrifices were always required. The tabernacle and temple didn't even have seats! Jesus was different. When you read the Easter story, sit, and listen to his final words at the cross (John 19:30).

And in response, "let us draw near to God with a sincere heart in full assurance of faith...Let us hold unswervingly to the hope we profess....And let us consider how we may spur one another on toward love and good deeds." **Hebrews** 10:22-24

If you are new to our community or have never really experienced the true meaning of Easter and the hope we have in Jesus, I encourage you to attend one of the many Easter services occurring in local churches. Ask what this all means for you and your family living in 2019 and open your heart to receive a gift more special and more sweet than chocolate.

#### God bless

Jonathan Carpenter Head of Middle School

Weekly Coffee Connect Tuesday Morning 8.45am - 9.45am

Weekly Prayer Connect Thursday Morning 8.45am - 9.15am

### **Lost Property**

All lost property is currently on a clothes rack outside Student Services. Please check at Student Services for other valuable items. Any articles not claimed by the end of this Term will be given to the Uniform Shop, First Aid or donated to Charity.

### **Middle School**

Recently the Year 7's were saddened to learn that their camp had been postponed until Week 4, Term 2. They handled the news with such grace and positivity that the Year 7 Teachers decided to devote an afternoon to some fun, community-building activities. They walked to a local park where they enjoyed sharing snacks and playing party games together. The Year 7's are very much looking forward to their camp next term.



Year 7 Teachers

### Launch News

### Computational and Algorithmic Competition with the Australian Mathematics Trust

The Computational and Algorithmic Thinking (CAT) competition is a one-hour problem-solving competition designed to encourage student curiosity and promote multiple modes of thinking. Just under 20 Emmaus students from Year 5 to Year 10 competed in the competition on Tuesday 2 April.

### **Debating News**

Emmaus has registered 10 teams with over 50 students participating from Year 5 to Year 10 in the DebatingSA competition. Teams will be competing against other Adelaide schools at Pulteney, Adelaide High and Nazareth Catholic College over the next two terms. Training began this week. A huge thank you to our wonderful coaches, Jenna Pierobon, Maria Zucco, Jeremy Coggins, Carolyn Hull, Michelle Coppins and Sarah Burrow. **Susanne Milne** 

Launch Coordinator (F-Year 10)

### **First Aid**

### **Students Feeling Sick at School**

First Aid Staff would like to remind all parents and students that any student feeling unwell at school and needing to go home must **FIRST REPORT TO THE FIRST AID ROOM**.

Where a student is too sick to remain at school, First Aid Staff will contact parents and arrange for them to be collected. Students are **NOT** to phone parents from their own mobile phones to be collected. If your child is unwell prior to school, we would urge you to keep them home until they have recovered.

We would appreciate it if parents would support the school in this matter. If your son or daughter phones you from their own mobile phone to be collected, please ask them if they have reported to First Aid. If they have not, please instruct them to report to First Aid and wait there to be collected.

Thank you for your assistance.

Ros Argent and Maria McIver First Aid Officers

### **College News**

### Casual Day - Friday 12 April

A gold coin donation is requested from students and staff who wish to participate. All proceeds from this day will go towards Pitjantjatjara Bible Translation project.

Please note: Appropriate dress is ESSENTIAL.

NO inappropriate slogans on T-shirts, NO low-cut, strappy or midriff tops, NO see through clothing, NO short shorts and NO thong-type shoes allowed. This is particularly relevant to 'Home Ec' and 'Tech' lessons where this becomes a safety issue.

### Sport

Our annual Swimming and Athletic Carnivals have now finished for another year. Finally we had great weather that allowed students to be in and out of the water continually during the day. Like usual the tube relays were big atmosphere attractions, but in the Middle/Senior Carnival the introduction of modified water polo was a hit with students. Well done to Middle/Senior Emerald and Junior Topaz houses for winning their respective Carnivals.

The Athletic Sport Carnivals were also fortunate in being conducted in warm conditions, allowing all students the opportunity to be active, supporting their houses and having healthy, competition with their peers. Attendance and participation were high for both events with Emerald winning both Championships. There were many records broken on the day for both events, a sign that our students are improving physically while pursuing their passions inside and outside of school. The house leaders did a great job getting many of their house members involved in novelty events, registering and competing in events and cheering one another on throughout the day. Obviously for all these sub school events, parent, staff and student assistance is vital, so a big thank you to all those who assisted on the day and in the lead up to these events. I am glad there were no parent relay injuries this year, which just highlights the importance of warming up.

From our Athletic events students will be selected on their overall event placing to represent the College at their respective SACSA Athletics Carnivals. Consent forms will be given to those who are selected. Well done to those involved as this will be the largest team event that you will be involved in during your time in school.

Running Club continues to be a success with students and parents. This is open to all Junior and Middle School students and parents. It is held Tuesday mornings at the College starting at 7.30am sharp. Why not come out start the day on a good note and also meet some new people. The Monday Junior School Cricket Opportunity has been a success with students. Each week registered students have taken part in modified cricket matches developing their skills, knowledge and interest in the sport. Tuesday nights, for the Middle/Senior school students, we had Table Tennis and now Tennis round robin carnivals held at the College. Well done to Cameron (Year 12) for winning overall in the Table Tennis competition. Our Tennis Competition will be finishing next Tuesday night. It has been great to see so many students active, having fun and challenging one another from different year levels. Next term there will be other sports being offered for Middle/Senior school students.

Junior School Soccer and Netball information has already been sent out via email for the upcoming seasons. We are busy working out all teams and coaches for the season starting next term. If you have not completed the registration forms for your child(ren) please do so as soon as possible and return to Mrs Debby Scheepers at Student Services. Late forms submitted will not guarantee your child a position in the team this year.

### Sporting achievements:

- Omariah (Year 5) competed in the State District SAPSASA Swimming Meet recently. She won a bronze medal for the 50m Freestyle, silver medal for the 4 x 50m relay, placed 4<sup>th</sup> overall for the 50m backstroke and 5<sup>th</sup> overall for the 50m butterfly.
- Fraser (Year 10) recently competed in the Little Athletics State Individual Championships and achieved the following results: Silver - Triple Jump, Javelin and 1500m walk; Bronze - High and Long Jump.

The image on the right provides food for thought when looking at the similarities between those who succeed in sporting pursuits and in the classroom.

Daryl Porter Sports Coordinator

### Music

### Holiday Rehearsal - Generations in Jazz

Reminder to all Stage Band and Vocal Ensemble students that we have a holiday rehearsal coming up.

WHEN: Friday 26 April AT: 9am - 1pm

- WHERE: M1 and M2
- BRING: Music, instrument, water bottle and own morning tea
- WEAR: Casual clothes (you are on holidays!)
- LUNCH: Pizza lunch is provided, please let Mrs Medhurst know if you have any special dietary requirements

### **Generations in Jazz Festival**

Week 1, Term 2 - Friday 3 - Sunday 5 May.

All students involved have/will receive a letter confirming all details, if you have any further questions, please do not hesitate to contact Mrs Medhurst.

### Andrew Verco Music Coordinator (F - Year 12)



### Newsletter

### **Uniform Shop**

### **New Winter Item**

We have introduced a College scarf with our school colours. This is the only scarf that is permitted to be worn with the school uniform and is an optional item. The scarf sells for \$20.

### **Uniform Sale**

Most of you would be aware of the refreshment of our College logo, as a result the uniform shop is having a SALE! The 'old logo' can be worn until the end of 2023, giving the items time to 'wear out'. All items with the following coloured 'old logo' have been reduced by 30%.



Currently in stock: Blazers - various sizes Navy Jumpers - all sizes EXCEPT size 16 Rugby Jumpers - all sizes Track Pants (only Middle and Senior sizes) Shorts (navy with gold piping) size 2, XS, S, M Polo Top - sizes 2, 18, 20, 22, 24 Jackets - sizes 2, 4, 10, 14Y, XS, L, XL

As the items have been purchased at a reduced price, these items cannot be sold through the Second Hand Shop. If you need any assistance, please contact me via <u>email</u> or by phone 8292 3810 (direct).

### **School Holiday Opening Hours**

Week 1	Closed		
Week 2	Wednesday	24 April	11.00am - 4.00pm
	Thursday	25 April	Closed (Anzac Day)
	Friday	26 April	9.00am - 1.30pm

### **2019 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

### **Canteen Roster**

Week 11 T1

Thu 11	No help needed		
Fri 12	Katherine Papazoglou		
Week 1 T2		Week 2 T2	
Mon 29	Student Free Day	Mon 6	No help needed
Tue 30	HELP NEEDED	Tue 7	No help needed
Wed 1 May	HELP NEEDED	Wed 8	Sam Allison
Thu 2	No help needed	Thu 9	No help needed
Fri 3	Nancy Pantelis	Fri 10	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

### **Student Wellbeing Coordinator**

One initiative of the Wellbeing Team is to run community programs during lunch breaks that offer students an opportunity to engage in friendship, fun and food. This week we would love to share a bit about these groups with you.

### **Connection Girls**

With the help of Mrs Edwards and female leaders from Year 11 and 12, we have been running fortnightly Connection Girls events for our Year 7-10 female students. Our events have included picnics, newspaper dress up competitions (see picture below) and an Easter egg hunt- all with a focus on having fun and getting to know girls from different year levels. We have had an amazing turn out at each event, so if you have a daughter in Year 7-10, please encourage her to come along to our Term 2 Connection Girls events!

### **T.I.F Girls**

With the help of Mrs Milne and Mrs Strybos, we have been running fortnightly T.I.F Girls events for our Year 5-6 girls. T.I.F Girls stands for The Ideal Friendly Girl and we put a big emphasis on learning how to be encouraging, kind and loving toward one another in friendships. Some of our events have included a talent show, eating cereal and watching a fun show together, and a newspaper dress up competition as well (see pictures below). It's been a very fun term of building friendships, so if you have a daughter in Year 5 or 6, please encourage her to get involved!

### **Connection Boys**

With a focus on building friendships and healthy bonds between boys in different year levels, and with the help of Mr Squire, Mr Mills and male leaders from Year 11 and 12, Mr Wood has run Boys Connections in Term 1. Their favourite event so far has been playing Mario Kart together on the big screen in the EPAC, where they raced to see who could play and eat the fastest. They have some great events planned for Term 2, so if you have a son in Year 7-10, please encourage him to come along!

We love these lunch time groups and the part they play in promoting wellbeing in our community.



Kat Clark Student Wellbeing Coordinator

### **Holiday Activities**

### **Touch-a-Truck**

Touch-a-Truck will be held at Marion Sports and Community Club Oval, 262-264 Sturt Road, Marion, from 9am - 12noon on Tuesday 16 April. Children big and small can get up close, climb on and sit inside vehicles of all shapes and sizes when Marion's first Touch-a-Truck event rolls into town. This City of Marion FREE event is an opportunity for parents, grandparents, caregivers and children to get up close and personal with more than 30 trucks on display. You will get to see excavators, cranes, tippers, ambulances, classic cars, street sweepers, police and army vehicles. There will also be free activities for children including bouncy castles, a dig for dinosaurs game and a Lego and Duplo play area. Barbecue lunches will be available for purchase, two coffee vans and the Sports Club will sell meals and snacks. Car parking is available on site and street parking on Norfolk Road. For more information about Touch-a-Truck please go to their website <u>marion.sa.gov.au/touch-a-truck</u>

### Edwardstown Football Club

Edwardstown Football Club are welcoming new players - all ages - Auskick to U16's, girls and boys. For more information contact <u>edwardstownfcjuniors@gmail.com</u>

### **Marion Vacation Care**

Marion Vacation Care is available for April School Holidays. Please contact Robyn Shanahan on 0481 187 627 for further information.

### South Australian Youth Week 2019

Marion Cultural Centre are holding a week of events. Please refer to their website for further information www.marion.sa.gov.au

### Fuzzball Tennis Coaching - School Holiday Sessions

Fuzzball Tennis Coaching believes that the 3 BIG WORDS of tennis are Footwork, Technique and Concentration.
These 3 elements need to be put together in each shot you play and offers you the opportunity to learn and practice these fundamentals.
They offer groups for all ages and abilities. So you can learn and practice faster, they have developed a unique coaching program
Head Coach, Marcus Pett, is a qualified and experienced international tennis coach. Fuzzball Tennis Coaching enables players of all ages and skill levels to play like the pros. From 9am - 11am every weekday during the holidays.
Places are limited, so book now. Marcus Pett 0452 212 055, Jo Overbeek 0451 133 358 fuzzballtennis.com

### Languages Alive!

Languages Alive! is a program of engaging and highly interactive language and cultural experiences for F-7 students. Delivered by highly proficients speakers of the relevant language, the program will run during the April school holidays in metropolitan and country locations. Various workshops will be held at each location, exploring a range of languages including Italian, Chinese, Japanese, Indonesian and French. For further details <u>www.ticketbo.com.au/languagesalive</u>



## **Canteen Menu**

Term 2 & 3 2019

Christian College Ca	intee
- Om localit Concego	Term 28
<ul> <li>Indicates items free of certain additives (see over page for list)</li> <li>GF Indicates Gluten Free Products</li> <li>V Indicates Vegetarian</li> </ul>	
CURRIES MONDAYS ONLY	
Dahl	5.00
Lamb Rogan Josh with rice	5.00
Beef Masaman with rice	5.00
SUSHI GF WEDNESDAY ONLY	
Smoked Salmon /Teriyaki Chicken/Cooked Tuna	2.50
Vegetarian /California Rolls	2.50
Soy Sauce	.10
WEDNESDAY ONLY	
Butter Chicken with Rice GF contains almond meal	5.00
Malaysian Chicken with Rice GF WEDNESDAY ONLY	5.00
<sup>1</sup> / <sub>2</sub> VIETNAMESE ROLL THURSDAY ONLY	
Please give an alternative on lunch order bag	2.50
Thai chicken / Butter Chicken contains almond meal	
Roast Pork / Tofu V	
CROISSANT ORDERS ONLY	
(Please indicate toasted or fresh)	
Ham and Cheese croissant (75g)	3.50
Cheese and tomato croissant (75g)	3.50
BAGUETTES (White or Wholemeal) Meatballs, tomato sauce, lettuce, grated cheese ORDERS ONLY	3.50
Falafel, carrot, lettuce, mayo V ORDERS ONLY	2.50
Chilli chicken strip, carrot, lettuce, mayo	3.50 3.50
Chicken schnitzel strip, carrot, lettuce, mayo	3.50
Chicken and salad*	
*Salad=lettuce, cucumber, tomato, grated carrot, mayo	4.50
SANDWICHES (Wholemeal Only) - ORDERS ONLY Add 50c for toasted sandwich or gluten free	
Buttered	1.20
Vegemite	1.60
Light Cheese*	3.00
Salad: lettuce, cucumber, tomato, grated carrot, mayo Meat: Chicken* or Ham	3.70
	3.70
Light Cheese and salad*	4.20
Meat: Chicken* or Ham and salad *Salad=lettuce, cucumber, tomato, grated carrot, mayo	4.20
GF bread is available. MARK clearly on lunch order.	0.50
an bread is available. MARK cleany on function order.	0.50
WRAPS - ORDERS ONLY	
Chicken & salad*	4.20
Chilli chicken strips, lettuce, carrot, mayo	4.20
Chicken Schnitzel strips, carrot, lettuce, mayo* Falafel,	4.20
carrot,	
lettuce, mayo V *Salad-lettuce, oueumber, temate, grated correct areas	10-
*Salad=lettuce, cucumber, tomato, grated carrot, mayo EXTRAS	4.20 0
LATINA	2
Spoon/Fork	.10 2
Mayo*	.20 2
Tomato Sauce*	20 /

HOT FOOD ORDERS ONLY	
Spaghetti Bolognaise	4.50
Vegetarian Lasagne	4.50
Vegetarian spring roll* ORDERS ONLY Garlic Bread (9 inch)	1.00
Pizza: Ham & Pineapple/Cheese & Bacon	2.00 2.00
Potato wedges (about 150g)	2.00
Hot dog NO sauce	3.50
Hot dog WITH sauce	3.70
Light pie	3.70
Light potato pie Light pizza pie	3.70
Light Sausage roll	3.70 3.70
Spinach and cheese roll	3.70
Wholemeal Meat Pasty ORDERS ONLY	4.50
Wholemeal vegetarian Cornish pasty ORDERS ONLY	4.50
Gluten Free Sausage Roll Tomato sauce*	4.50
	.20
BURGERS - ORDERS ONLY	
Vegetarian: Vegetarian patty, carrot, tomato, cucumber,	4.20
lettuce, mayo	
Beef: Beef patty, lettuce, mayo, tomato sauce*	4.20
Chicken: Crumbed chicken patty, lettuce, mayo*	4.20
GF is available in the chicken with GF bread.	
MARK clearly on lunch order.	4.50
SNACKS	
3 Jatz biscuits*	0.30
Fruit strap*GF Grainwaves	0.50
Chips: plain*, honey soy, veg chips GF	1.00 1.00
Fruit in season*	1.20
Light choc muffin	1.70
Gingerbread kids	1.60
Banana bread*	2.00
ICEBLOCKS OVER THE COUNTER ONLY	
Fruit tubes	0.50
Moo - Strawberry/Chocolate* Lifesaver Icy Pole*	1.00
Lemonade Icy Pole*	1.00 1.00
Frosty Fruit*	1.00
Juicies*	1.00
Frozen yoghurt - strawberry	2.00
DRINKS	
500ml Thank You Water*	1.50
600ml NU Light Sparkling water	1.50
250ml Harvey Fresh (Apple, Apple Blackcurrant, Orange*	1.50
250ml Up & Go (Chocolate*/Strawberry*/Vanilla*)	2.00
250ml Oak Strawberry*/Chocolate*	2.00
450ml Golden Circle (Apple/Orange Apple Blackcurrant) *	2.20

Salad item\* (lettuce or cucumber or tomato or grated carrot) .20

.50

.50

Tomato Sauce\*

Light cheese slice\*

### Canteen Procedures and Rules - 2019

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

### 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 ice blocks. 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.

#### 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.

#### 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	Sorbates: 200, 201, 202, 203		
	Benzoates:	210, 211, 212, 213	
	Sulphites:	220, 221, 222, 223, 224, 225, 226, 227, 228	
	Nitrates, nitrites:	249, 250, 251, 252,	
	Propionates:	280, 281, 282, 283	
SYNTHETIC	Gallates:	310, 311, 312	
ANTIOXIDANTS	TBHQ,BHA, BHT:	319, 320, 321	
FLAVOUR	Glutamates incl MSG:	620, 621, 622, 623, 624, 625	
ENHANCERS	Ribonucleotides:	627, 631, 635	
	Hydrolysed Vegetable		
	Protein (TVP)		
ARTIFICIAL	No numbers since they are trade secrets		
FLAVOURS			