



IMPORTANT DATES

FEBRUARY

- Fri 15 Yr 10 Orientation Day
- Tue 19 Yr 12 Parent Information Evening @ 7pm
- Wed 20 Foundation Students Day Off
- Thu 21 - Fri 22 Yr 6 Peer Mediation
- Tue 26 Yr 3-6 Swimming Carnival @ Marion Outdoor Pool 9am - 2pm
- Wed 27 Foundation Students Day Off
- Middle & Senior Swimming Carnival @ Marion Outdoor Pool 9am - 3pm

MARCH

- Fri 1 - Tue 5 Compass Conference in Canberra
- Tue 5 SACSA Swimming @ Adelaide Aquatic Centre
- Vietnam/Cambodia Parent Information Evening 7pm-9pm
- Wed 6 The Rite Journey Departure Evening
- Thu 7 The Rite Journey Calling

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 20 March, 9.15am
Junior School - Thursday 21 March, 9.15am

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

From the Chaplain

Dear Families and Friends

Hello, I trust that you are all settling into the school year!

This year brought about some new changes in our family, with our second daughter beginning school! She very excitedly approached her first day with backpack on, holding her big sisters hand and proudly wearing her uniform. My wife and I looked on with a mixture of nervous excitement with all manner of questions swirling about in our heads. How would she go? Would she make friends? Is she going to cope with 5 days a week of schooling? And on and on they went.

As she gave us one last final squishy cuddle, a kiss on the cheek and waved goodbye, we released her into the care of her teacher. She thrived! She came home from her first day of school tired yet excited and continues to eagerly embrace all that school has in store for her.

I am sure that for many here in our Emmaus community, similar experiences were had. From those who began in our Foundation classes to those who arrived at differing year levels throughout the school, from new staff members finding their way, to families sending their first child to school, or realising that this is the last year of schooling for their family! Wherever you may place yourself, one thing is constant. We have all experienced a change. Holidays are over, the school year is in full swing. The notion of change elicits all manner of response from us and we all approach it differently. Change will always continue to be part of our lives, whether we like it or not, external or internal, desired or despised.

How do you cope with change? Some embrace and act, others react and perhaps fight against it. It is easy to over rehearse in our mind all of the possible scenarios, when often rarely none of those outcomes occur. There are changes in our society, in finances, in governance. Laws are currently before our politicians on all manner of issues.

It is easy to worry. Yet the scriptures encourage and challenge us to have faith in God. To trust that God has 'got this'. Jesus gives the most amazing message that is found in the book of Matthew 6:25-34, part of what is referred to as the Sermon on the Mount. Jesus gives eloquent examples that challenge the listener to trust in God. Beginning by saying, 'Therefore I tell you, do not worry about your life...' Jesus concludes with these profound words -

Matthew 6:33-34

³³But seek first his kingdom and his righteousness, and all these things will be given to you as well. ³⁴Therefore do not worry about tomorrow, for tomorrow will worry about itself. Each day has enough trouble of its own.

Whatever your tomorrow looks like, whatever challenge you may face, whatever situation you and yours are journeying through, seek first God's kingdom. He is faithful. He has your back. He is for you. Tackle your tomorrow when it arrives. Focus on today, on the here and now.

May your trust in God grow and increase throughout this coming year.

Peace to you and yours.

Adam Wood
Chaplain

Weekly Coffee Connect
Tuesday Morning
8.45am - 9.45am

Weekly Prayer Connect
Thursday Morning
8.45am - 9.15am

Junior School

Junior Primary Learning

Nature Play



Foundation Literacy



Year 1-6 Swimming



Helen Vonow
Head of Junior School

Middle School

Welcome to Year 7!

We have had a wonderful beginning to Middle School this year with meeting many new friends and embracing an exciting and new timetable. During Home Group we have been getting to know our new class members and celebrating how our vibrant and unique diversity connects us as a class. To celebrate, we participated in a "getting to know you" activity. For part of the activity, we took a photo with someone we had connected with this year. Here are a few comments from both Year 7 Home Groups to summarise our first two weeks.

"These first couple of weeks have been exciting. One of my favourite things we did was listening to Mr. Cotterell's interesting stories about History. I was captured the entire time!" Sehreem.

"This is my first year at Emmaus. It has been so good so far and I really enjoy it. Year 7 is so interesting, there is even more homework but I am okay with that! Now that I am in Year 7 I feel so responsible!" Celine.

"The first two weeks of Middle School have been so much fun. I really enjoyed getting to know so many new students in my Home Group as well as meeting new teachers. I loved all the new lessons we have like: Science in the lab, Home Economics and French. I am looking forwards to what 2019 has in store for me." Maansi.

"Wow, Middle School! Middle School has been so fun. My favourite parts have been going to new and exciting lessons and getting our chromebooks." Isaac.

"One of the good things about starting Year 7 is that you get to make a lot of new friends and meet different people." Keesha.

"It has been really fun getting to try new subjects like Home Ec and D & T" Ella.

"It has been great to meet lots of new teachers" Niki.

"I love Mr Squire's Art. He makes the lessons really fun." Bradley.

"Everyone is really nice." Tom.



Felicity Leighton
Middle School Teacher

From the Registrar

2021 Interviews

As valued families of our College community, I would like to remind you to please ensure that you have submitted your child's Sibling Enrolment Application for 2021. Sibling application forms can be downloaded from our [website](#) or please contact me on 8292 3834 should you have any queries. Thank you.

Barb Greenslade
Registrar

College Employment Opportunity

Bus Driver

Emmaus is seeking a Bus Driver for morning and afternoon school runs with potential for extra hours driving for school excursions to commence immediately.

Further details are available on the College [website](#)

PLEASE NOTE: Applications close on Monday, 18 February 2019

Senior School

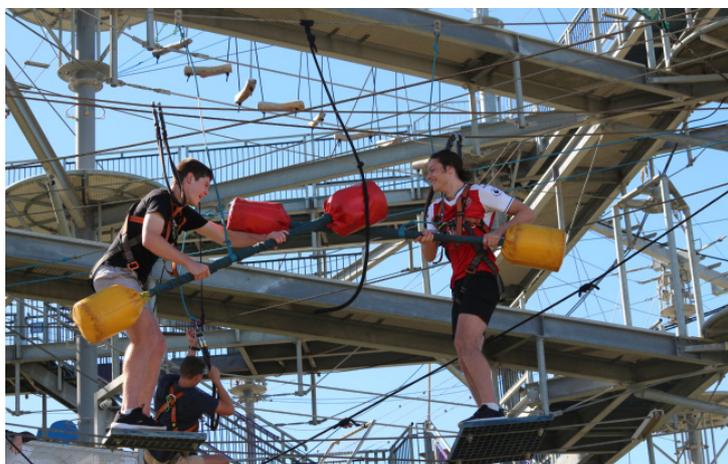
Year 12 Orientation Day

The Year 12 year has started on a high - physically and metaphorically on the Mega Ropes course at West Beach. In the Senior School we aim to acknowledge new beginnings for our students in a fresh way. Hence, we have organised Orientation days for those starting with us, the Year 10 students, and those who are starting the last year of their secondary schooling, the Year 12 students.

Facing your fears could be the theme of the year – especially for the few brave souls who actually got up on the ropes even though they were very afraid. I was so impressed with the student's willingness to have a go and also those who worked as a team to help others out. It was a good view from the Crow's Nest and most students made it up there.

We followed this climbing experience with lunch at Glenelg, which was a perfect setting for students to refuel after all their exertion. The weather meant that alfresco dining was the order of the day and the café/takeaway choices were excellent. The final part of the day was getting a few tips about Year 12, the formal, the best attitude for the year and being kind to each other and themselves. An excellent session by Mrs Jessica Routley followed on how memory works and how to study, followed by a visit by two of last year's Year 12 students who provided their perspective on surviving and thriving the year.

It is a rushed, but worthwhile, way to start the year and I want to thank the staff who were involved for their help and the students for being cooperative, engaged and a pleasure to spend the day with.



Andrea Gear
Head of Senior School

Music

Instrumental Tuition

Please contact Tracey Medhurst, Performing Arts Assistant for all things related to Instrumental Tuition, via email tmedhurst@emmauscc.sa.edu.au

Andrew Verco
Music Coordinator (F-Year 12)

Emmaus Connect Group

Coffee Connect

It was wonderful to see so many parents attend our first Coffee Connect group for 2019.

Coffee Connect is held from 8.45am every Tuesday morning in the staffroom.

All welcome!



Launch News

Debating at Emmaus - Year 5 to Year 10 Interested Students

We would like as many Students as possible to discover the benefit of learning the skills of Debating. Debating offers a chance to:

- Develop Public Speaking confidence
- To form and structure well-reasoned arguments (a skill that students need for essay writing throughout their school life)
- To work as a team in a verbal 'sport' to convince an adjudicator on the merits of their argument

Debating is virtually a choreographed 'verbal consent' with rules and structure, but also the opportunity for students to shine with their creative use of the spoken language and reasoning. In 2017 our Year 8 team were eventual winners of their Year level competition.

The competition starts in May, training starts in April and inter school debates are every 3 weeks for 5 rounds.

If you would like your child to be involved please contact Mrs Carolyn Hull or myself for further information. Teams need to be finalised by the end of February.

Public Speaking Opportunities - Year 7 to Year 12 with Rostrum

Rostrum Voice of Youth is one of Australia's leading public speaking competitions for school students in Years 7 - 12. It offers students an exciting opportunity to hone their public speaking skills in a high-quality competitive environment. Public speaking develops the self-confidence, communication skills and expressive language qualities that are so vital in today's world – particularly for young people on the threshold of their careers. Students need to prepare a 6-8 minute speech and a 3-minute impromptu speech on the day, as part of the competition. Training will be provided. There is an entry fee for participation. Please contact me for more information.

Legacy Junior Public Speaking Award

Open to 12 to 14 year old students as of 1 January 2019.
5 minute prepared and 2 minute impromptu speech.

The prepared speech is to be of 5 minutes duration on a topic of the competitor's choosing on any subject relating to the ideals of voluntary service, social justice, caring, personal effort, personal sacrifice and/or mateship. Training is provided.

Please contact me at smilne@emmauscc.sa.edu.au if you would like your child to participate.

Saturday Gifted and Talented Club for Students (Foundation-Year 12)

"Knowing yourself is the beginning of all wisdom" - Aristotle.

Gifted & Talented Children's Association of SA have a Saturday Club at Glenunga International High School and during Term 1 will focus on the theme 'Self'. Term 1 aims to empower the children with skills around emotions and philosophical thinking. Sessions are being held on 16 February, 2 March, 16 March and 30 March for Juniors (5-8 years), Intermediate's (8-12 years) and Senior's (12-17 years).

For further information please go to their website <https://gtcasa.asn.au/>

Susanne Milne
Launch Coordinator (F-Year 10)

Sport

Term 1 is going by quickly. Year 1-6 students have had a taste of all seasons at the pool learning about Water Safety. Students learnt valuable skills to remain safe in aquatic environments while still being able to have fun. It was great to hear so many students enjoyed the week of experiences and feel that they had improved by the end. As a College we believe it is vital that all students know how to be safe in the water and develop their confidence in swimming.

Running club is on again! Tuesday's 7.30am - 8.10am weekly at the College. This is open to Primary and Middle School students and parents this year. Last year was a success and we hope that this continues to grow seeing so many people starting their day off on a good active note. All you need to bring is a water bottle and wear clothing that will enable you to be active and comfortable. Any questions please speak to Mr Max Dal Santo or myself.

On Tuesday nights for Middle and Senior students will have a House Table Tennis Competition happening in the gym. Registration has closed now for this event. We will keep people up to date with results and action shots. Starting in Week 7 will be the Middle/Senior School House Tennis Competition. Swimming Carnivals will also be happening soon. Any Junior School parents willing to help at this Carnival please let me know via the consent form or via email at dporter@emmauscc.sa.edu.au

For newcomers to Emmaus, we like to acknowledge student achievements each fortnight in the Newsletter, to the wider Emmaus community. Student achievements such as making a development squad, state team, qualifying for finals, winning a premiership, attending nationals or anything else sport related. Last year we had many student achievements and acknowledging them was great enabling staff and other students to congratulate them on their efforts, further enhancing our College community.

Student Achievements

- Emilia (Year 1) achieved her Class Award for Pre-Primary R.A.D. Ballet Exam
- Susannah (Year 5) achieved Distinctions for both her Solo Performance R.A.D Ballet Exam and her Grade 3 R.A.D Ballet Exam
- Bailey (Year 9) recently completed his SRC at Glenelg surf lifesaving club and is now volunteering / patrolling the beach each month
- The following students will be representing Emmaus at the SACS National Games in May this year competing in a variety of sports, Netball, Basketball, Tennis and Soccer. Year 9 students selected are Kaitlin, Olivia and Lucy. Year 10 students selected are Cameron, Lottie, Samuel, Molly, Callum, Benjamin, Jamie and Harmony. Year 11 students selected are Fletcher, Hannah, Patrick and Charlotte.

If you have any other questions or queries about H&PE / Sport matters please do not hesitate to contact myself via email or at the college on 8292 3888 and I will be happy to assist where possible. Look forward to meeting and working with you and your children over the year.

Daryl Porter

H&PE / Sports Coordinator (F-Year 12)

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 Asthma Checklist at the end of the 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 <http://www.asthmaaustralia.org.au/>

Ros Argent and Maria Mclver

First Aid Officers

Uniform Shop

2019 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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Christine Blom-Cursaro

Uniform Shop Manager

Student Wellbeing Coordinator

I would like to thank the entire Emmaus community for welcoming me so warmly over the past weeks. It has already been a pleasure to meet and serve you. I would love to share with you about something I have been observing; our children are tired!

I often hear from parents and teachers that our young people are tired, grumpy or falling asleep throughout the day. The rise of technology and social media, along with the rise of anxiety in young people, often means that our children are getting to bed later or are experiencing difficulty in getting to sleep. This is worrying because a lack of sleep can be detrimental to their physical health, mental wellbeing and their ability to succeed in school. Not to mention the effect it must have on you as parents!

As we come out of holidays and into the routine of the school year, I want to encourage you to observe your child's sleep patterns and behaviour around bedtime. We can set our young people up for success by ensuring they have healthy sleep habits now.

So, what are some ways you can help your child sleep better?

- Make sure they have a routine for getting ready for bed (eg dinner, bath, teeth, reading). This is also important for teenagers- it might just look different!
- Ensure their bedroom is prepared for sleep. Is it a relaxing room? Is it dark enough? Is it cool/warm enough?
- Have a regular bed time and wake time for them. This regulates their circadian rhythm and assists with feeling tired at the correct times.
- Limit screens and technology in the hour before bed. I know this can be difficult with teenagers but it is just as essential for them (as well as us!).
- If your child cannot turn off their thinking before sleep, they could spend some time earlier in the night writing down their thoughts and worries. This can help them to "leave it on the page" until tomorrow.
- If they cannot relax at bedtime, try teaching them deep breathing or progressive muscle relaxation.

If you would like to know more, please visit <https://www.sleephealthfoundation.org.au/>

If you have any concerns about this or a different matter, please do not hesitate to contact myself or Ben Squire at the College.

Kat Clark
Student Wellbeing Coordinator

Careers Corner

Welcome to 2019! I am excited and privileged to work with a wonderful cohort of VET students this year. Our students will be studying Child Care, Animal Studies, General Construction, Automotive, Fitness, Hairdressing, Hospitality and Electrotechnology.

I would also like to acknowledge 2 students who were successful in gaining enrolment into a Defence Industry Pathways Program. The application process was quite rigorous and the students were required to attend a personal interview as part of their application. Well done to Jamie and Joelle.

I am looking forward to working with and supporting our 2019 students through their VET journey this year. It is going to be a great year!

If you have any queries regarding Vocational Education, please email me at ctorjul@emmauscc.sa.edu.au

Cathy Torjul
VET Co-ordinator

Canteen

Cold Rolls available on Tuesdays from 19 February

A pack of 2 Cold Rolls (the same flavour) with Hoisin Sauce **\$4.00**

- Teriyaki Chicken
- Thai Chicken
- BBQ Pork
- Vegetarian

Please make sure when ordering you provide an alternative food choice.

Canteen Roster

Week 3 T1

Thu 14 No help needed
 Fri 15 Karen Baker

Week 5 T1

Mon 25 No help needed
 Tue 26 No help needed
 Wed 27 **HELP NEEDED**
 Thu 28 No help needed
 Fri 1 March **HELP NEEDED**

Week 4 T1

Mon 18 No help needed
 Tue 19 No help needed
 Wed 20 Catherine Chua
 Thu 21 No help needed
 Fri 22 Tam Battersby

Week 6 T1

Mon 4 No help needed
 Tue 5 No help needed
 Wed 6 Blake Watson
 Thu 7 No help needed
 Fri 8 **HELP NEEDED**

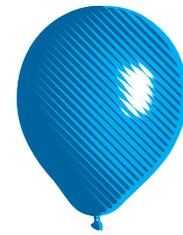
Thank you for the time you volunteer in the canteen, it is very much appreciated. The hours are from 9.30am to approximately 1.30pm. Due to Occupational Health and Safety, please wear enclosed shoes and ensure long hair is tied back. Please also remember to sign in at the Front Office and collect a visitors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

Sharon Hughes
Canteen Manager

Community News

St John Cadets

St John Cadets are looking to recruit new cadets (aged 8-17) to join their Mitcham Colonel Light Gardens Cadet Division. Learn First Aid, have fun and meet new friends by becoming a St John Cadet or junior. They meet every Monday night at Mitcham Community Centre. For more information please call Eugene on 0419 817 366 or click [here](#).



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