



## IMPORTANT DATES

### AUGUST

- Mon 19 - Bookweek  
Fri 23
- Thu 22 Open Boys & Girls SACSA  
AFL @ Barratt Reserve,  
West Beach
- Wed 28 Yr 3-9 Cross Country  
Carnival @ Bonython Park
- Fri 30 Junior School Father's Day  
Breakfast, 7am - 9am

### SEPTEMBER

- Wed 4 Parent Empowerment  
Session by Bill Hansbury in  
EPAC, 7pm - 8.30pm
- Thu 5 Vietnam Cambodia Parent/  
Student Information Night  
#2 with Dr Bob Kass in Staff  
Room, 6pm - 8.30pm
- Fri 6 Middle School Wellbeing  
Day  
  
Year 12 Dance Assessment,  
7pm - 8.30pm in EPAC  
  
Primary Sports Break Up,  
5.30pm - 7.30pm
- Sun 8 Tournament of the Minds @  
Flinders University

## From the Head of Senior School

### Dear Families and Friends

The recent CSA conference had excellent presenters who reiterated some of the ideas that are close to my heart as both a parent and an educator. We were encouraged to remember the service aspect of our Christian walk and to live the Christian message with humility, looking beyond ourselves. We were reminded that we were given three tools to help and they are: prayer, service and persuasion, that is being in humble relationship with others. Looking beyond the school gate is one of my mantras for Senior Students and our Senior School social justice programs. Through our student leadership, ECCO and some of our camps, including the Year 10 Social Justice camp, the Vietnam Cambodia Trip and the Lands Trip, we help develop this attribute in our students.

Our aim is to educate children to achieve their God given potential. We all hope to raise healthy kids by building their self-esteem and focussing on their happiness as much as possible. But the result can be the opposite of what we hope for them: our children can become self-absorbed kids who grow up into unhealthy adults, unable to find satisfaction, get along with others, or contribute well to society. We need to be bold enough to encourage students to be givers rather than takers, that is help them find their Christ given purpose. We want to raise unselfish children in a self-absorbed world, children who understand their purpose based on the love of Christ. Below are a few ideas that still resonate with me today.

#### Replace a mirror with a window

Attending a camp like the Lands Trip helps our students see beyond themselves to other people, in particular marginalised Aboriginal people. If we do not take the mirror of self-centeredness out of our students' hands, they will become intolerable to live with when they grow up. I want to have students who become selfless adults who function well in the world because they have self-respect, rather than self-absorbed adults who cannot function well because they feel entitled. I pray that our programs help students to acknowledge the wrongs of the past and empower them to make a difference, or as Paul said in **1 Corinthians 10:24**: *'Try to do what is good for others, not just what is good for yourself'*.

#### Take a hard look at yourself

We are all important role models for our children and students. When I honestly evaluate in what ways my own lifestyle is either selfish or selfless, I am forced to admit that I can rationalize thoughtless decisions – including purchasing too much without any awareness of the ethics in the manufacturing process. Do I really need it? Rather it is that I would really like it. Do we make excuses for cruel choices? Do we blame others? Are we able to forgive? The question is how can we discipline ourselves to live simply and with contentment. How do we learn to be satisfied? On the Lands Trip the Anangu children waited for the Lands Trip students to arrive for six hours, when we arrived their affection was immediate. They had no regard for appearances and intrinsically knew who needed a friend. What they gave to our students was humbling. And a reminder of what matters in life.

#### Accept responsibility and make a plan

We need to take full responsibility for our behaviour and how we affect the young people in our lives. Instead of blaming others like friends, teachers, neighbours, the media or society, we can decide that from now on, we can change students' perspectives on life, no matter how difficult they may be. We want to commit to raise our children to be others-centred rather than self-centred; to live with less in order to enjoy more.

#### Build togetherness

What the Lands Trip reinforced was the importance of relationships. In a setting where we were the minority, we had to learn choices about fitting in and to respect a culture different to our own. It was a choice based on love, rather than just a feeling. As we work towards loving our children better and expanding their horizons through the programs offered at Emmaus, I pray that we look to our Aboriginal citizens with fresh eyes and appreciate the culture of the APY lands. We hope to raise young people in the love of Christ, we can raise children who are brave and strong in the knowledge of God's grace in their lives.



**Andrea Grear**  
Head of Senior School

Weekly Coffee Connect  
Tuesday Morning  
8.45am - 9.45am

Weekly Prayer Connect  
Thursday Morning  
8.45am - 9.15am

## Principal Tours

Principal Tours are a great way for families to experience our College first-hand. There will be plenty of information available for families interested in enrolling in the new Brooklyn Park campus opening in 2020.

Upcoming tour dates are:

**Middle & Senior School Principal's Tour - Wednesday 11 September, 9am**  
**Junior School Principal's Tour - Thursday 12 September, 9am**

Book online [here](#).

**Barb Greenslade**  
**Registrar**

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## Middle School

### Science Week

As you may know, last week was National Science Week.

At Emmaus, we had multiple lunchtime activities to celebrate. In the Biology laboratories, they focused on the science of the human nose. Students learned about how you smell, what causes blood noses, and, of course, snot!

On the oval, the Physics enthusiasts created and tested rockets, as this year's theme was 'Destination Moon', after the 50th anniversary of the first moon landing.

We also had daily science quizzes, about all things Science, which each home group completed every morning. The Science faculty put a lot of effort into making this Science Week engaging for everyone, and their hard work has definitely paid off.

**Ruby**  
**Year 7 Student**

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## Launch News

### Debating Update

#### Round 4 Results

Well done to our Year 5 Orange team who are currently 3<sup>rd</sup> on the ladder and our Year 10 Emmaus Grey team who are currently ranked first in the state!

Congratulations to our Year 6 Purple, Year 6 Maroon, Year 7 Green team, both our Year 8 teams, our Year 9 team and our Year 10 Grey team all who won their debates for Round 4.

Debater of the Night was awarded to Belinda Year 6, Bryant Year 7, Stella Year 8, Prapti Year 9 and Cameron Year 10. Well done to these students on a fantastic achievement.

The next debate is the final for the round and we welcome any Emmaus College family and friends to come along and support our teams. Details of times and venues can be found at <https://www.debating.sa.com.au/>

An enormous thank you to our amazing team of coaches who encourage, support and guide our students.

### EVATT Training

Nine, Middle School students had the chance to attend a United Nations simulation day at Immanuel College.

UN Youth representatives taught our students the structure of the UN and how they conduct their meetings. Our students had first-hand opportunity to participate as delegates from different countries and to further develop their public speaking skills through negotiation and teamwork. Using a UN forum, students were able to voice their concerns about authentic problems the UN faces and develop diplomatic skills.

It was an exciting day and all students in attendance valued the unique experience.

### Oliphant Science Awards Open Day

Interactive Science activities - a fun afternoon for the family.

Come along and see our Middle and Junior School students' entries on Sunday 25 August, 12pm - 4pm at Festival Functions, 292 Findon Road, Findon. For further information click [here](#).

**Susanne Milne**  
**Launch Coordinator (F - Year 10)**

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## From the Library

### Bookweek - 'Reading is my Secret Power'

By the time that you read this article, Bookweek will be underway! The Books of the Year will have been announced; the Junior School students will all have made a 'Secret Power' Cape to wear to assembly; authors will have visited; lunchtime activities will be in progress and another year of recognising the influence of reading in our lives will have been promoted within the school. It is not a secret that Reading can have a big impact on our lives and can empower us to explore, create, discover and escape. The power of reading to transform our lives may cause some to explore a holiday destination or a career or even to discover the kind of person they want to be...as well as to be entertained with a good story. Keep encouraging reading in your own families.

Secondary students are also joining in the delight of Bookweek with their own lunchtime activities and explorations hosted by the English Department.

The Staff have a 'Guess the Shelfie' competition on display in the Library. Students are trying to guess the owner of the shelf on display. We have an interesting collection of 'shelfies'!

Lunchtime activities for Junior School Bookweek include: Make a Mini book Monday; Hide a secret in a Tuesday Treasure box; Wednesday - Book to Film; Thursday - Hide a message in Binary Code (a completely different way to read!); Friday - Find your place (make your own Bookweek bookmark)!

Enjoy the chance to read while the weather is cool!

**Carolyn Hull, Alicia Buxton, Jan Maschmedt**

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## First Aid

### Medications on Camps

We have several camps coming up late in Term 3 and we would like to take this opportunity to remind parents of our school policy regarding medications on camp.

#### Prescription Medication

First Aid Officers can only administer prescription medication when it is accompanied by a **Medication Plan for Prescription Medication** completed by a doctor.

#### Over the Counter Medication

Over the counter medication may only be administered to student when it is accompanied by a completed Medication Plan for Over the Counter Medication with a pharmacy label affixed. These medications include: eye drops, ear drops, creams, ointments, paracetamol, hay-fever / allergy medications, travel sickness tablets, vitamins and nutritional supplements or other alternative medicines.

Medication must be provided in its original packaging with a label from the pharmacy attached.

During camp all medication will be kept secure by staff (including Senior School camps). It is for the safety of every student that **campers ARE NOT permitted to keep medication in their luggage.**

If your son/daughter will be attending a camp in Term 3 and may need to take medication on camp please ensure that the College has a current Medication Plan, Asthma Care Plan or other Health Care Plan on record. Health Care Plans must be renewed every 12 months or whenever there is a change in the care needs of your child. If you require a blank Medication Plan or Asthma Care Plan, these can be collected from the Front Office at the College or downloaded from the College website. When completed please return it to Student Services as soon as possible. Please note that Asthma Care Plans must include details of reliever AND preventer medication if your child is on a preventer.

We would encourage you to plan ahead for your child, particularly considering that the hay fever season begins in September and this may affect some students. Without a current Medication Plan, staff are UNABLE to administer any medication. There is no student self-medication allowed on camps.

Please provide your child's Health Care Plan, Medication Plan or Asthma Care Plan several weeks prior to camp.

Thank you for your support in this matter.

**Ros Argent and Maria McIver**  
First Aid Officers

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## Uniform Shop

### 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

# Music

## Music Performance Calendar

We have a number of performance opportunities for our music students coming up this term as follows:

- Week 6 - Rock Band performs at our Father's Day Breakfast
- Week 6 - All instrumental students are invited to play at our Spring Instrumental Evening at ECC

## Vocal Ensemble Auditions

Auditions are being held for interested students in Years 9 - 11. Auditions will be held on Wednesday 28 August (Week 6) in M3.

Please note: Any interested Year 8 students are invited to audition for the experience, but please be aware that preference is given to students in Years 9+. Vocal Ensemble rehearse on Mondays 3.30pm - 4.30pm in M2 under the direction of Jess Bigg. Your commitment to the ensemble includes performances each year at Generations in Jazz Festival in Mount Gambier, 'Tuesdays on Flinders' Concert, ECC Music Showcase and our Senior School Speech Night.

Please join the Google Classroom (2019 Music Ensembles - CODE 7j4dfu) and complete the Google Form to book your Auditions. Auditions close Tuesday 27 August at 9am. If you have any questions, please see me.

## Rock Band performing at Fathers Day Breakfast

Our upcoming Fathers Day Breakfast on Friday 30 August features our very own Rock Band, students in Years 9 - 11 will delight you with a performance of their greatest hits! Starts at 7.30am.

**Tracey Medhurst**  
Performing Arts Assistant

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# Student Wellbeing Coordinator

## Procrastination and how to help your child overcome it

In Week 4, I spoke at the Middle School Assembly about procrastination, why we do it and how to overcome it. I would love to share these insights with our wider community so you can utilize them with your own children or even in your own life.

Procrastination is a major concern I see in young people who feel anxious about school and homework. Quite often, if these students are able to create a more organised and productive work flow when it comes to school, their anxiety decreases substantially. Procrastination can feel like a personality trait that some of us are destined to struggle with our entire lives. While there are some of us (I will definitely put my hand up for this) that struggle more than others with procrastination, there are practical and simple tips we can put into practice to overcome this tendency.

First of all, it might be helpful to understand better how and why procrastination effects us so heavily. A TED talk by Tim Urban called 'Inside the mind of a master procrastinator' on YouTube explains this in a humorous and effective way if you are interested.

Here are five tips your child can use to overcome procrastination:

1. **Use their diary**  
Suggest to your child that they open up their diary to the correct day before they do ANYTHING else in class. This will help them to write things down which in turn will help them to keep track of their tasks and due dates. Even if they only implement this tip, they will likely notice a reduction in feelings of anxiety.
2. **Set SMART goals**  
Break down a big goal (ie. write an English essay) into smaller goals (ie. researching, writing introduction etc.) and then make these small parts into a SMART goal. A SMART goal is specific, measurable, achievable, realistic and time based. For example, I might set a goal to write a 200 word (specific, measurable) introduction to my English essay (specific, achievable, realistic) by 7pm on Tuesday night (time based). This will help me to get started, which is often the most difficult part for procrastinators.
3. **Create the right environment**  
When your child sits down to study, it can make a significant positive difference if the atmosphere is productive and positive. Are they comfortable? Is their space clean and organised? Do they have their written SMART goals with them? Do they have a drink and/or a snack? Is it quiet and at an appropriate time?
4. **Ask non-judgmental questions that help them to reflect on their feelings**  
It is important to help your child reflect on how their behaviour makes them feel. Do they feel anxious and lost when they procrastinate? Do they feel proud and relaxed when they achieve one of their small goals? Encourage their positive behaviour and celebrate with them (more than you comment on their negative behaviour!).
5. **Encourage them to ask for help**  
If all else is not working, encourage them to reach out to their teacher well before the due-date to receive support. Remind them that their teachers love to help (when asked for it at an appropriate time) and that they have nothing to lose and a lot to gain by asking for guidance!

**Kat Clark**  
Student Wellbeing Coordinator

## Canteen Roster

### Week 5 T3

Thu 22 No help needed  
 Fri 23 Karen Baker

### Week 7 T3

Mon 2 September No help needed  
 Tue 3 No help needed  
 Wed 4 **HELP NEEDED**  
 Thu 5 No help needed  
 Fri 6 Carla Giliomee

### Week 6 T3

Mon 26 No help needed  
 Tue 27 No help needed  
 Wed 28 **HELP NEEDED**  
 Thu 29 No help needed  
 Fri 30 Catherine Chua

### Week 8 T3

Mon 9 No help needed  
 Tue 10 No help needed  
 Wed 11 **HELP NEEDED**  
 Thu 12 No help needed  
 Fri 13 **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

### Marion Tennis Club

Marion Tennis Club are having an open day on Saturday 31 August from 1pm - 3pm:

- 1.00pm - Ages 3 - 5
- 1.30pm - Ages 6-12
- 2.30pm - Adult Cardio Tennis

Sausage and drink included. They are situated just off Marion Road opposite Marion RSL, along Norfolk Road.

Get some tips from Tennis Australia Club professional Coach Justin Tredwell *"The little ones are sure to have some fun and can join a coaching program or even a team!"*

To book a free trial telephone 0415 289 733 or email [Justn2tennis@gmail.com](mailto:Justn2tennis@gmail.com)

Your child will learn the basics required to play a game of tennis, some may even join a Saturday morning competition team. They welcome all ages and standards and look forward to getting your child into some healthy activity.