



## IMPORTANT DATES

### NOVEMBER

Mon 25- Fri 29	Middle School Exams
Thu 28	Senior School Speech Night @ Edwardstown Baptist Church 7pm - 9pm
Fri 29	Junior School Performance Assembly in EPAC 9am - 10am and 2pm - 3pm
	Year 5/6 Social in EPAC 6pm - 8pm

### DECEMBER

Mon 2	Junior School Awards Ceremony at Assembly 9am - 10am
	Middle School Speech Night @ Southland Church 7pm - 9pm
Tue 3	Junior School Graduation @ Edwardstown Baptist Church 7pm - 9pm
Wed 4	School Finishes 3.10pm

### JANUARY 2020

Mon 27	Student Free Day for Australia Day Public Holiday
Tue 28	School Commences 8.35am

## From the Chaplain

### Dear Families and Friends

Over the past week my wife Christie and I took the family to Perth for a family wedding. Christie was the Matron of Honour, our girls were flower girls; my son and I watched on!

The ceremony was a civil service with the legal aspects required to solemnise marriage completed in a short amount of time. To my ears, the mention of God in the vows or preamble was missing, although my father in law was invited to say a prayer. As a passionate Christian he prayed a beautiful blessing on the soon to be married couple.

The day progressed and we found ourselves enjoying the festive celebrations. As part of the role of being Matron of Honour, my wife Christie had the opportunity to say a speech. She embraced it with gusto and spoke with eloquent passion! Christie drew upon a passage that we may often hear at a wedding, a passage found in 1 Corinthians 13. She read these words,

#### 1 Corinthians 13:4-7 (NLT)

**<sup>4</sup> Love is patient and kind. Love is not jealous or boastful or proud <sup>5</sup> or rude. It does not demand its own way. It is not irritable, and it keeps no record of being wronged. <sup>6</sup> It does not rejoice about injustice but rejoices whenever the truth wins out. <sup>7</sup> Love never gives up, never loses faith, is always hopeful, and endures through every circumstance.**

We spoke about how she could explain these words to an audience of whom many did not have a faith in Jesus. The result was to phrase it such, 'Love is a doing word. You choose to love.'

You choose to love.

What a beautiful yet confronting idea. When you choose to love, you choose to overlook offence, you choose to be grateful, and you choose to put others before yourself. You choose to embrace instead of holding a grudge. You choose to be a person of peace instead of fighting to be right, for being right's sake. You choose to remain faithful and loyal to that friend, spouse or family member, even when the going is tough. The choice to love is yours and yours alone.

The complete opposite of this is also true. Holding onto anger, bitterness, exclusion or hurt is a choice that we make. Being jealous or filled with envy, fearful or consumed with worry is a choice that we make. Is it easy to always love? Absolutely not! Do people wound us in unimaginable ways? Of course. Do we hide the heartache behind a veneer of smiles and positive affirmations? Yes we do.

Life throws us curve balls. We sometimes mess up. Perhaps our perspective and world view conditions us to react or retreat. Even so, the choice is there before each and every one of us. Choose to love.

Who is there in your world that you can choose to love? Are there attitudes you are holding onto, or behaviours that you have that could change? Does a perspective within you need to shift?

Love is a doing word. You choose to love. My prayer is that you would be one who is known for loving others and that this community of faith would be a place in which the choice to love others far outweighs selfish desire and gain. May we have outward eyes to notice others and see them as God see us, as His creation, beautifully made and worthy of love, dignity, honour and respect.

Peace to You and Yours,

Blessings,

**Adam Wood**  
Chaplain

Weekly Coffee Connect

**Postponed until 2020**

Weekly Prayer Connect  
Thursday Morning  
8.45am - 9.15am

## Lost Property

All lost property is currently on a clothes rack outside Student Services and will be until the end of this Term. Please also check at Student Services for valuable items such as watches, spectacles, jewellery and more. Any items not claimed by the end of Term will be either given to the Uniform Shop, First Aid or donated to Charity.

## Middle School

### Brody, Year 7

We are very proud of Brody's achievements in coaching this year and he has won the SANFL Juniors Goal Umpire of the Year Award at Adelaide Oval.

He has demonstrated focus, dedication and perseverance each week, communicating clearly with players, coaches and officials. Brody has also recently passed his SACA Umpire course for Cricket.

We look forward to hearing more about your success Brody! Well done!

**Felicity Leighton**  
Middle School Teacher



### Middle School Newsletter Club

As the 2019 school year comes to a close, I would like to take the opportunity to honour the hard work and dedication of the Middle School Newsletter Club.

These Year 7's have given up lunch times and their own free time to research, conduct interviews and write stories in order to bring you the 'news' from the perspective of Middle School students.

I am so very proud of their efforts and hope that they have enjoyed seeing their work published.

Congratulations to Rose, William, Panos, Noah, Jayden, Nicole, Keesha, Jienna, Niki and Ruby. I look forward to seeing your work in *The Advertiser* or *The New York Times* one day!

**Rebecca Dal Santo**  
Middle School Teacher



## Performing Arts

We have had a full year in the Music department and it has been a joy to see our students progress and perform on their instruments. What a privilege to praise God with talents He has first given us.

This year has seen the addition of a number of new Instrumental Tutors to our team and we are excited to be able to offer some new instrument options and vacancies across some of our popular instruments including Double Bass, Electric Bass, Bassoon, Cello, Viola, Drums, Saxophone, Clarinet and Flute. If you would like to learn an instrument in the new year we are accepting tuition forms now to secure your place. They are available to download on our [website](#) or from Student Services.

We finish the year with the following ensembles performing:

- Senior School Speech Night - Stage Band, Senior Worship Band and Vocal Ensemble
- Middle School Speech Night - Chamber Ensemble and Middle School Worship Band
- Year 6 Graduation - Junior School Worship Band and Year 5/6 Choir

If you have any questions regarding our Instrumental Program please do not hesitate to contact me [tmedhurst@emmauscc.sa.edu.au](mailto:tmedhurst@emmauscc.sa.edu.au)

**Tracey Medhurst**  
Performing Arts Assistant

## Launch News

### First Lego League

Our First Lego League team competed in the National competition held in Melbourne on the weekend.

Our students were adaptable overcoming unforeseen challenges.

Congratulations to Jasper, Luke, Charlie, Isaac, Callum, Campbell, Lachlan, Kim and Jamie for their fantastic achievement in winning the prize for Best Presentation.

Our team beat 44 other teams from South Australia, Victoria and Tasmania. Well done!

#### Thank you to:

- Mr Joshua Sutton for coaching
- Mr Jonathan Carpenter for his coordination and supervision at the Regionals
- David Chu for supervising the practices
- Matthew Vertudaches from the RAA for giving up his time and providing insight
- Michelle Chamalaun for her preparation assistance
- Darren and Sharon Sutton, and Richard Altmann for accompanying the team to Melbourne
- Greg King for creating props for the teams market pitch

The team really appreciate the support of their families in enabling them to attend an interstate trip.

### Thinkers Challenge

On Wednesday 20 November, Emmaus sent two teams of eight students from Year 8 and Year 9 to Temple College, Paralowie to compete against other Christian Colleges in the 'Thinkers Challenge'. Our students competed in nine Academic Disciplines.

All of our Middle School students approached the difficult critical thinking challenges with a positive team spirit.

Congratulations to our Year 9 team who came 2<sup>nd</sup> overall, winning the General Knowledge discipline, coming 2<sup>nd</sup> in Science and 3<sup>rd</sup> place in both History and English. Well done to Ben, Soyal, Neriah, Yedam, Alyssha- Ann, Vanessa, Raymond and Caleb.

Thank you to Mr Adrian Cotterell and Mr Mike Worley for their assistance

**Susanne Milne**

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

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## Student Wellbeing Coordinator

### Encouraging Wellbeing in the Summer Holidays

The summer holidays are often a much needed and much enjoyed break for our students. However, for many students, it is also a long period of time without their regular wellbeing routines and supports. Below are some ways you can help your child to care for their mental health during this time.

#### Safety/Self-Care Plan

It is a fantastic idea to help your child create a safety or self-care plan for their holiday break. This will include activities they can do when they are feeling down, supports they can access during this time away from school and people they can call on bad days. These plans help your child to take responsibility for their wellbeing and encourages help-seeking behaviour. You can make your own by hand or on a computer, or find an example [here](#).

#### Keep a Routine

Whether you create a self-care plan or not, it is important that your child keeps a regular routine throughout the holidays, even if it is altered from their usual one. Help them to think through what their holiday bed time and wake time will be. It is also a great idea for them to choose something to do each morning (ie a self-affirmation) to start their day well and something to do each night (ie read for 15 minutes) to end their day well. These small rituals and routines spark positive neural pathways in the brain and release chemicals that make us feel relaxed.

#### Have Fun

Encourage your kids to make time for rest, hobbies, social activities and family time. Having a well-rounded schedule will give them the best chance of regulating their emotions well.

#### Social Media Breaks

Try to enforce tech boundaries (see my article from Term 4, Week 5) that will protect your child from comparison fatigue, unnecessary social pressure and tech addiction that negatively impacts brain structure, mood and sleep. Not an easy feat, but a worthwhile one!

#### Check In Regularly

If you still feel concerned about your child's mental health, I encourage you to continue with any psychology sessions they may already be having, or to book in regular appointments with your family GP throughout the holidays. Providing frequent opportunities for your child to accept help will let them know that they are loved and cared for, even if that is not the story their brain is telling them.

Blessings

**Kat Clark**

**Student Wellbeing Coordinator**

## Sporting News

2019 has been a record breaker for Emmaus sporting programs. We have had a year of fantastic results at SACSA, SAPSASA and SSSSA competitions in a variety of sports and physical activity pursuits. We have had over one third of our school population involved in our representative, weekly sport teams or our after or before school sporting opportunities. There has been over 50 representative and 10 weekly sport teams, seven different sporting opportunities and our weekly Running Club offered to students and parents over the course of the year. A big thank you to staff and parents who have assisted with these teams and programs in 2019. There is much planning already underway for 2020 and we look forward to seeing parents and students involved in our growing sports program. Information will be communicated to parents and students via email, Team App, newsletter and College website early in the new year.

When reflecting on the year it has been nice to see many members of the Emmaus community get involved through sport. The benefits that young and mature people get from being a part of a weekly team or competitions are endless. Being physically active is not all about winning or losing, it is about having fun, socialising with their peers making new and strengthening friendships, being challenged and persevering to achieve their best and developing resilience. These are all important life skills whether you are looking to become a Doctor, Teacher or Tradie. Our young people today have many barriers to being active, so during the holidays as a family make the most of this time and do something active together. Whether it is swimming at the beach, walking up Mount Lofty or Morialta, completing a Park Run or going for a family ride, these are times that are greatly beneficial and can be the start of a new passion.

On behalf of the Emmaus H&PE / Sports team staff we wish you all a very Merry Christmas, Happy New Year and pray that the holiday period is enjoyable and safe for you all. See you all in 2020!

### Students achievements:

- Fraser (Year 10) has made the State All School Athletics team and will compete in Long Jump and Triple Jump.
- Orlanzo (Year 7) has also made the State All School Athletics team and will compete in Pole Vault.
- Jackson (Year 5) competed at the Under 12 Boys National Golf Tournament, finished runner-up in the Ambrose.
- Miracle (Year 7), Lucy (Year 7), Lakshaan (Year 9), Soyal (Year 9), Joel (Year 9), Brightlyn (Year 8), Ikia (Year 8) and Cameron (Year 10) all competed at the SA All Schools Athletic Championships. Some of our students achieved PB's going on to compete in finals and achieved very impressive results.
- Year 4/5 SACSA Boys Basketball finished fourth overall, Year 6/7 Boys finished sixth overall, Year 4/5 girls finished seventh overall and Year 6/7 Girls finished fifth overall.
- Year 6/7 SACSA Girls Netball finished ninth and twelfth overall and Year 6/7 Boys finished sixth overall.
- Jack (Year 12) finished third, Tyson (Year 8) finished 37<sup>th</sup>, Angus (Year 8) finished 19<sup>th</sup>, Josh (Year 10) finished 45<sup>th</sup>, Cody (Year 10) finished 44<sup>th</sup> in the Boys SSSA Mountain Bike riding competition. Emmaus finished 10<sup>th</sup> overall in the State for this event.
- Sienna (Year 8) and Hayley (Year 8) have both secured their positions in the State Under 15 Girls Soccer team.
- Panashe (Year 9) has been selected in the Adelaide United Youth Soccer Squad.

**Daryl Porter**

**PE, Health and Sports Coordinator (F - Year 12)**

## From the Library

We have had a wonderful year in the library.

Students have borrowed and read fiction and non-fiction books and textbooks; played with lunchtime games; researched topics; many students have been encouraged to complete the Premier's Reading Challenge and students have explored new learning and made wonderful use of our well-resourced collection. Along the way our Brooklyn Park Library has also been established, however, now it is time for all school resources to come back. We will be checking that lost items are found, and sometimes we will send a request for payment for any missing items.

If you find any items with an Emmaus barcode (or the historical Bethesda and Tabor labels) in your home, we would appreciate their return immediately. Sometimes books go home to someone other than the original borrower, usually by accident. We still need these items back. Textbooks are particularly precious and we need to have all books back so they are ready for the 2020 school year. Please explore your shelves and return the books to the Library or Student Services window.

**The Library Team**

## Canteen News

**As the 2019 school year draws to an end, we ask when you place a lunch order could you please give an alternative option as we run stock down.**

We would like to thank you for your support over the year; with a special thank you to our volunteers for graciously sharing their time with us.

We look forward to your support next year.

Wishing everyone a Blessed Christmas and safe summer holidays.

**Sharon Hughes**  
**Canteen Manager**



## Canteen Roster

### 2019

#### Week 7 T4

Thu 28 No help needed  
 Fri 29 **HELP NEEDED**

#### Week 8 T4

Mon 2 December No help needed  
 Tue 3 No help needed  
 Wed 4 No help needed

### 2020

#### Week 1 T1

Mon 27 January *Student Free Day*  
 Tue 28 No help needed  
 Wed 29 **HELP NEEDED**  
 Thu 30 No help needed  
 Fri 31 **HELP NEEDED**

#### Week 2 T1

Mon 3 February No help needed  
 Tue 4 No help needed  
 Wed 5 **HELP NEEDED**  
 Thu 6 No help needed  
 Fri 7 **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**

## 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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### Additional Times 2019

December 5 Thu 8.30am - 10.00am and 3.00pm - 5.00pm  
 December 9 Mon 9.00am - 1.00pm

### Additional Times 2020

January 9 Thu 9.00am - 1.00pm  
 January 10 Fri 9.00am - 1.00pm  
 January 13 Mon 10.30am - 5.00pm  
 January 14 Tue 10.30am - 5.00pm  
 January 15 Wed 9.00am - 4.00pm  
 January 16 Thu 9.00am - 4.00pm  
 January 17 Fri 9.00am - 4.00pm  
 January 20 Mon 8.30am - 5.00pm  
 January 21 Tue 8.30am - 5.00pm  
 January 22 Wed Closed  
 January 23 Thu 8.30am - 5.00pm  
 January 24 Fri 8.30am - 1.00pm  
 January 27 Mon Closed  
 January 28 Tue 8.30am - 10.00am  
 3.00pm - 5.00pm

**Christine Blom-Cursaro**  
**Uniform Shop Manager**

## Community News

### Marion Life November News

#### Christmas Hamper Appeal

Each year MarionLIFE distributes Christmas Hampers to MarionLIFE and Marion Salvation Army families in need during this often stressful time of year. Hampers include a wide range of staple food and Christmas goodies like tinned leg ham and mince pies.

Thanks to their partnership with Foodbank SA, they are able to purchase wonderful prepackaged hampers at a heavily reduced cost, but there is a huge demand that they would be unable to meet without support from the wider community. They are seeing donations enabling them to provide 100 hampers (\$35 each) this year. Donations are tax deductible. Contact MarionLIFE for further information.

#### Women Together

Women Together is a new group at MarionLIFE for women across the community, those who are new to Australia and those who have always lived here. All women are welcome to join in on Wednesday's (during school terms) 1pm - 2.30pm. Enjoy relaxed conversation, share a skill or learn something new. All levels of English are welcome, no cost, children are welcome and no bookings required. Contact MarionLIFE for further information.

#### MarionLIFE 2018-19 Annual Report

Their Annual Report is available to view online here. Hard copies are also available at MarionLIFE Reception.

### Marion Tennis Club - School Holiday Coaching

Three day clinics are being held from 9am to 10am on the following dates:

15, 16, 17 December, 20, 21, 22 December, 3, 4, 5 January, 18, 19, 20 January and 27, 28, 29 January.  
\$50 for a three day clinic, or \$20 per day.

You can use your Sports Voucher valued at \$100 and receive \$50 credit for Term 1 2020.

For further information contact Justin Tredwell, Tennis Australia Club Professional on 0415 289 733.