

**Next College Newsletter: Wed 28<sup>th</sup> June 2017**  
 Please email your articles to: [newsletter@emmauscc.sa.edu.au](mailto:newsletter@emmauscc.sa.edu.au)

## Important Dates

### June

#### Thu 15th

JS Principal Tour  
 SACSA Netball Yr 8/9 Boys & Girls  
 @ Golden Grove

#### Fri 16th

SACSA Netball Open Boys & Girls  
 @ Golden Grove

'Let there be Coffee' Coffee Van in  
 JS area 2.30pm - 3.30pm

#### Mon 19th - Fri 23rd

Year 10 & 11 Exams

#### Fri 23rd

'Let there be Coffee' Coffee Van in  
 JS area 2.30pm - 3.30pm

#### End of Semester 1

#### Mon 26th

#### Semester 2 Commences

#### Tue 27th

Southern Zone Year 8/9 Handball

#### Fri 30th

Year 2 Sleepover

'Let there be Coffee' Coffee Van in  
 JS area 2.30pm - 3.30pm

## 2017 Term Dates

### Term 2

Tue 2 May - Fri 7 Jul

### Term 3

Wed 26 Jul - Fri 29 Sep

### Term 4

Mon 16 Oct - Wed 6 Dec

*(Term dates subject to change)*

## 2018 Term Dates

### Term 1

Mon 29 Jan - Fri 13 Apr

### Term 2

Tue 1 May - Fri 6 Jul

### Term 3

Tue 24 Jul - Fri 28 Sep

### Term 4

Mon 15 Oct - Wed 5 Dec

*(Term dates subject to change)*

Weekly Coffee Connect  
 Tuesday Morning  
 9.00am - 10.00am



Weekly Prayer Connect  
 Thursday Morning  
 8.30am - 9.00am



## From the Head of Middle School

### Dear Friends and Families

Carrie Foster from Sturt Police Youth Offending Unit came and spoke to all of the Year 7 students this week and introduced them to the [ThinkUKnow](http://ThinkUKnow) program.

The program is a partnership between the Australian Federal Police (AFP), Microsoft Australia, Datacom and Commonwealth Bank, and is delivered in collaboration with the South Australia Police and Neighbourhood Watch Australia. It is Australia's first (and only) nationally delivered crime prevention program.

Senior Constable Foster reminded students that technology has its benefits like allowing people to interact and express themselves but that it is easy to make mistakes on line.

Students were reminded that:

- They should never share their passwords with friends or anyone except their parents.
- What does your digital shadow say about you? Remember that your shadow follows you around – as soon as you press send you send photos and messages for all the world to see.
- Keep your social media accounts on the private settings.
- Delete any photos on line that give out too much information.
- Avoid sharing photos which are geotagged.
- Avoid 'checking in' on line when you go out.
- Take care to avoid phone scams and never assume sites are safe.
- Manage your time on line carefully – lack of sleep due to not managing your phone well at night can lead to anxiety and depression in young people – parents can offer support with this.
- Maintain respectful relationships on line.
- If people on line ask you for inappropriate images just say "NO!"
- Take care to avoid sharing personal sexual content – do not allow someone else to have control of your images. It is your body do not share it!
- Groomers can be anyone. If someone is asking questions you do not like, tell a trusted adult. Report their behaviour to someone.
- Block. Report. Turn off the device.
- Gamers need to also take care – just because you think you know someone from gaming with them for several months on line does not mean you actually know them.

Students saw a short clip about Carly Ryan and heard from her mum Sonya Ryan about how to stay safe online. They were also shown how to make a complaint on line about online bullying, at <https://esafety.gov.au/> and were also encouraged to remind their parents to also be respectful on line and not post photos of their children which reveal their identity, school, home address etc.



For a recent article on Staying Relevant in a Digital World please follow this link  
<http://parentingideasschools.com.au/getattachment/ea453810-2423-4f73-b30d-e33b544a2e9d>

**Sue Chapman and Andrew Edmondson**

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## Junior School News

### Jump Rope for Heart

Last week Years 3-6 students spent nearly 2 hours enthusiastically involved in *Jump Rope for Heart* activities. *Jump Rope for Heart* provides a unique opportunity to engage children in physical activity in a non-competitive way and encourage them to develop lifelong heart healthy habits. Students are collecting donations which go towards supporting the Heart Foundation in their research to help fight against heart disease and stroke in Australia. This is a wonderful fun and active program for students to be part of.

### Student Identity Day

This Term all Junior School students will be involved in Identity Day which will be held on Friday 7<sup>th</sup> July 2017. This is a chance for your child to share something special about themselves with the whole of Junior School!

Please help your child decide on one part of their identity, using the criteria below:

- Is it important to you?
- Is it interesting for others to see or learn about?
- Is it somewhat unique (not everyone does it, like watching TV)?
- Will it fit on top of a desk?
- Is it different than your display 2 years ago?

Our teachers are guiding and talking about the Identity Day displays at school, but the objects, photos, etc. that your child will use in their displays will be coming from home. Your child should begin gathering and preparing now, but please do not send their bag of items to school until the week or even the day of their presentation. Their display will go on a table and they will 'host' it, meaning that they will stand beside the display to answer questions as everyone else (parents, staff, and other students in the school) files by to have a look.

Some ideas for displays:

Hockey fan, artist, avid reader, Boy Scouts, Girl Guides, guitar player, cultural heritage, story-writer, camper, traveller, soccer player, cook, dinosaur-expert, inventor, Aussie Rules, coin collector, horse lover, Lego expert, and so on! For more information, please see your child's teacher or visit <http://chriswejr.com/2011/04/27/identity-day-pride-in-who-we-are/> **Parent and Grandparents are warmly invited to attend on the day.**

### Junior School Theme for Term 2 2017

**God is Good all the Time. John the Baptist. Was Jesus the one who had been promised?** Week 7 Bible Verse - *Jesus said "Blessed are those who have not seen and yet have believed."* **John 20:29b**

**Annette Craven**  
**Head of Junior School**

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## College News

### Debating Teams

Congratulations to both the Year 8 boys and the Year 8 girls debating teams who won their debates on Thursday 1<sup>st</sup> June competing at Nazareth College. Their topic was *'That Local Councils should change the male symbol on pedestrian signs to a female silhouette.'* Both teams debated successfully for the affirmative defeating Woodville High School and St Aloysius College. Thank you to Sarah Burrow and Jeremy Coggins for their time and effort in coaching our undefeated teams with such convincing arguments!

Our 3 debating teams (two Year 5/6 teams and our Year 7 team) won on Tuesday 6<sup>th</sup> June competing at Pulteney Grammar School. They were debating on an Aesop's fable on whether the grasshopper should be fed if he sings all Summer and does not prepare food for winter. The educators were impressed by the quality of our student's arguments. Thank you to Ms Zucco for her coaching.

### Legacy Junior Public Speaking Competition

Emmaus has three students from Year 7 and 8, competing in the Legacy Junior Public Speaking Competition, at Legacy House, Franklin Street, Adelaide on Friday night 16<sup>th</sup> June and Saturday morning 1<sup>st</sup> July 2017.

We wish Jonathan, Erica and Kaitlin all the best as they compete with students across the State.

**Susanne Milne**

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## Music

### 2017 Emmaus Music Showcase - Tuesday 4<sup>th</sup> July, 7.00pm

Tickets are available through the College website under 'Events'. This Performing Arts event involves the *Year 9 and 10 Class Bands, Middle and Senior Worship Bands, Stage Band, Soloists, Chamber Ensemble, Guitar Ensemble, Vocal Ensemble, Drum Corps, Rock Band and Junior Concert Band.*

Pre-show gourmet cheesecakes served with coffee/tea will be available.

**Andrew Verco**  
**Music Coordinator (Rec - Year 12)**

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## Student Wellbeing Coordinator

It is a sad fact of life that our society has been subjected to acts of terrorism.

Many parents are confused as to how to broach this difficult subject with their children no matter what age they are.

In a recent article on this topic, Michael Grose from Parenting Ideas suggest that it is important for parents to regulate their own emotions first before discussing emotional topics like terrorism with their children. He says that using age appropriate language and keeping the conversation simple is also vital. Above all allowing children to discuss their feelings and giving them permission to feel scared, sad or angry means that they will feel listened to and validated. It is natural after events such as these for children to want to spend more time close to those they love. Providing a safe, calm environment after the shock of terrorist events allow children to realise that generally their world is safe and that often these attacks are happening a long way away from them.

Explaining to children that there are many acts of kindness and goodness which arise from the results of terrorism, allows children to also see God at work in a fallen world. Praying with your children for victims, their families and countries allows them to feel like they can at least do something. To read Michael's full article, please [click here](#).

To hear a brand new podcast from Dr Justin Coulson on how to talk to your children about tragic events and how to teach empathy - something the whole world needs more of, please go to <https://www.happyfamilies.com.au/podcast/post-traumatic-growth/>

He talks about 'Post Traumatic Growth' or how to turn difficulties, challenges and stresses into opportunities for building strength and character in our children.

As with any issues such as these, if you wish to discuss this further, please contact either Ben Squire or myself at the College.

**Sue Chapman**

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## Canteen Roster

### Week 7 T2

Thu 15<sup>th</sup>            **HELP NEEDED**  
Fri 16<sup>th</sup>            Helen Talbot

### Week 8 T2

Mon 19<sup>th</sup>            No help needed  
Tue 20<sup>th</sup>            No help needed  
Wed 21<sup>st</sup>            Catherine Chua  
Thu 22<sup>nd</sup>            **HELP NEEDED**  
Fri 23<sup>rd</sup>            Vivienne Wei Wei

### Week 9 T2

Mon 26<sup>th</sup>            No help needed  
Tue 27<sup>th</sup>            No help needed  
Wed 28<sup>th</sup>            Rebecca Hutchinson  
Thu 29<sup>th</sup>            **HELP NEEDED**  
Fri 30<sup>th</sup>            **HELP NEEDED**

### Week 10 T2

Mon 3<sup>rd</sup> July            No help needed  
Tue 4<sup>th</sup>            No help needed  
Wed 5<sup>th</sup>            Tracey Medhurst  
Thu 6<sup>th</sup>            **HELP NEEDED**  
Fri 7<sup>th</sup>            **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 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.

### Updated Price List

At the end of this newsletter is an updated price list. Please print off a copy and keep handy as there has been a number of price increases.

Hot Chocolate can now be purchased **over the counter** during **secondary recess** and **primary lunch**. It will only be available on Monday's to Thursday's during the winter months for \$1.50.

**Christine Blom-Cursaro and Sharon Hughes**

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## Uniform Shop

### Secondary Girls Skirts

2017 is the last year for Middle and Senior School girls to wear the grey skirt. All girls including Year 12 girls are expected to wear the **new skirt in 2018**. Thank you for your cooperation.

### 2017 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

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

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## Careers Corner

A recent study conducted by NCVET (National Centre for Vocational Education Research) has revealed that “*VET graduates have a higher employment rate than undergraduates. More than 78% of VET graduates are employed after training and 82% of graduates who participated in VET as part of an apprenticeship or traineeship are employed after training*”. This is comparative to 70% of university graduates in full time employment.

I am not saying that university courses are not valuable, they absolutely are! Whenever I counsel students on VET course options, I encourage them to adopt the attitude of a life long journey of engaging in study and employment.

Here is a great example of how this would work...

Georgia's career goal is to become a nurse. Her plan, once completing Year 12 is to enrol in a Bachelor of Nursing Degree at university. This year Georgia is currently studying a Certificate III in Individual Support (Aged Care) as part of her SACE. One of her course requirements is to complete 120 hours of work placement, which provides her with the practical experience that supports her academic studies. And, I must say, Georgia received positively glowing reports from her supervisor during her work experience recently. The Certificate III VET course will contribute towards Georgia's ATAR. At the end of Year 12, and once she has completed her full Certificate III, Georgia will be a qualified care worker and will be able to seek employment working with the elderly. She will also have the option to enrol in a university course.

Georgia has a fantastic proactive attitude and with the caring industry predicted to be a one of the occupations to have the greatest growth in South Australia, I am sure she will not have any problems finding employment. Great job Georgia!

VET courses set students on the right path to a lifelong journey of study and employment. They gain critical hands on skills along with industry based training.

If you or your child has any queries regarding a VET course please email me [ctorjul@emmauscc.sa.edu.au](mailto:ctorjul@emmauscc.sa.edu.au)

### Electrical Construction Taster Course

Attention Year 10's – if you are interested in the Electrical Construction Taster course, enrol now. Places are filling fast. Complete an enrolment form and return to [ctorjul@emmauscc.sa.edu.au](mailto:ctorjul@emmauscc.sa.edu.au) If you would like more information, click on the link <http://www.emmauscc.sa.edu.au/trade-training-centre.html>

### Cathy Torjul VET Coordinator

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## July School Holiday Activities

### Chess School SA

Why is holiday Chess program so popular?

Here is the reason: Playing with giant chess pieces; Great chess lessons-learning tricks and traps to beat your friends and enemies; Fascinating chess stories from around the world; Simultaneous Chess displays - prizes for the best players.

You will learn chess openings, middle and end games, chess strategies and tactics. Your chess knowledge will increase and you will become a better chess player!

Chess School SA is located at 1<sup>st</sup> Floor, 10 Ranelagh St, Adelaide. The program is being held on Tuesday 11<sup>th</sup> July 10.00am - 3.00pm. Cost \$50.00. To book or for further information, please go to [www.chessschool.com.au](http://www.chessschool.com.au)

### 2017 Gifted and Talented Youth Workshops

Bookings are now open for academically gifted and talented students in Years 8, 9 and 10. They are being held on Wednesday 19<sup>th</sup> July to Friday 21<sup>st</sup> July 2017 in the state-of-the-art facilities at Flinders University.

There will be a variety of topics to choose from including Fundamental Figure Drawing, Gamelon, Animals, Forensics & Freshwater Ecology, Biomedical Engineering, Chess, Slacklining and Visioneering the Future, Creative Writing, Robot Wars and more.

These workshops introduce gifted school age students to a University learning experience, and features a choice of subjects presented by University staff and world experts. All registrations are to be made on line through [eventbrite.com](http://eventbrite.com).

### Money Matters Course

Marion Life are holding a free 6 weeks course in mastering money and budgeting. The course has yielded amazing results in the past in helping participants overcome financial crisis, develop and implement money management techniques and people feel more confident in making positive and assertive decisions. Topics include: how to save money, goal setting, scams and poverty traps, budgeting and assertiveness.

When: Every Wednesday, commencing 26<sup>th</sup> July 2017

Time: 9.30am to 12.30pm

Where: MarionLIFE, corner Marion Road and Alawoona Avenue, Mitchell Park

Bookings are essential. To register for more information email [community@marionlife.org.au](mailto:community@marionlife.org.au) or phone MarionLIFE on 8277 0304.


**CANTEEN PRICE LIST**

Updated 1/06/17

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

GF indicate Gluten Free Products

**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	<b>WEDNESDAY ONLY</b>	5.00
Beef "cold roll" Salad	<b>WEDNESDAY ONLY</b>	5.00

Butter Chicken with Rice	<b>WEDNESDAY ONLY GF</b>	5.00
Malaysian Chicken with Rice	<b>WEDNESDAY ONLY GF</b>	5.00

**BAGUETTES - White or Wholemeal**

Meatballs, tomato sauce, lettuce, grated cheese	<b>ORDERS ONLY</b>	3.50
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Chicken, carrot, lettuce, mayo*	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, carrot, tomato, cucumber, 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

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

**EXTRAS**

Spoon/Fork	.10
Mayo*	.20
Tomato Sauce*	.20
Light cheese slice*	.50
Salad item*	.50

**SALADS TERM 1 & 4 ONLY - ORDERS ONLY**

Ham & salad	4.00
Cheese & salad* <b>Gluten Free</b>	4.00
Chicken & salad* <b>Gluten Free</b>	4.00

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

**HOT FOOD - TERM 2 & 3 ONLY - ORDERS ONLY**

Spaghetti Bolognese with fork	4.50
Vegetarian Lasagna	4.50

**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 or pasty	3.50
Light potato pie	3.50
Light pizza pie	3.50
Spinach and cheese roll	3.50
Light sausage roll	3.50
Meatballs Baguette, tomato sauce, lettuce, grated cheese*	<b>ORDERS ONLY</b> 3.50
Whole meal vegetarian pasty	<b>ORDERS ONLY</b> 3.50
Sausage Roll <b>Gluten Free</b>	<b>ORDERS ONLY</b> 4.50
Nachos Mild * <b>Gluten Free</b>	<b>ORDERS ONLY</b> 5.00
Tomato sauce*	.20

**ORDERS ONLY - BURGERS**

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)**

Fruit tubes	0.50
Juicies*	1.00
Moo - Strawberry/Chocolate*	1.00
Lifesaver Icy Pole*	1.00
Lemonade Icy Pole*	1.00
Frosty Fruit*	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 – 2017

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 cheese or Vegemite sandwich and a piece of fruit or a baguette) for the cost of \$3.00. Payment will be required the following day.

### Secondary Students

Report directly to the Canteen Manager.

## 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

<b>COLOURS</b>	102, 104, 110, 122, 123, 124, 127, 129, 132, 133, 142, 143, 151, 155 natural colour 160b (annatto)
<b>PRESERVATIVES</b>	<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
<b>SYNTHETIC ANTIOXIDANTS</b>	<i>Gallates:</i> 310, 311, 312 <i>TBHQ, BHA, BHT:</i> 319, 320, 321
<b>FLAVOUR ENHANCERS</b>	<i>Glutamates incl MSG:</i> 620, 621, 622, 623, 624, 625 <i>Ribonucleotides:</i> 627, 631, 635 <i>Hydrolysed Vegetable Protein (TVP)</i>
<b>ARTIFICIAL FLAVOURS</b>	No numbers since they are trade secrets

Thank you for your cooperation.

Christine Blom/Janine Richards  
Canteen

The poster features a central circular graphic with a rainbow border containing the text '2017 Emmaus Music Showcase'. Surrounding this central circle are silhouettes of various musicians: a violinist, a singer with a microphone, an acoustic guitarist, a double bass player, a drummer, and a pianist. The background consists of a sunburst pattern of light blue and yellow rays. At the top and bottom of the poster are decorative circular patterns with red, blue, and yellow concentric rings.

2017  
Emmaus  
Music  
Showcase

# Live Concert

Emmaus Christian College

Tuesday 4th July 2017

7:00pm in EPAC

\$ 10.00 pp or \$8.00 concession

Tickets are available through

Emmaus website '[Events](#)'

*Pre-show gourmet cheesecake slices  
with coffee/tea will be served from 6:30pm*