



Emmaus  
Christian College

# Newsletter

Week 1 Term 3 | 16 February 2022

## IMPORTANT DATES

SOUTH PLYMPTON

&

BROOKLYN PARK

*Please check College  
[Website](#) for Important  
Dates*

## From the Head of Senior School

Dear Emmaus Families and Friends

### Welcome 2022

Have you ever had one of those days when everything is hard to do? What about one of those weeks? Months? Two years? And we all hoped Covid would be over by 2022!

Covid has made this feeling of frustration 'next level' for all of us. It has messed up everything. For the current Year 12 students. For all students really. The Year 12's have only ever known the final years of their schooling to be Covid flavoured. For all students and their families the changing landscape for online/offline learning continues. And for the Senior School, it would be really good to be able to prepare an event and then not have to change it. I suppose we have all learnt not to hold onto things too tightly...

But what about when it gets personal and really hard? When you are forced to stop and learn that you can not really control life at all? Covid has created this awful scenario for some. What does this mean for us everyday?

Sometimes the only thing that you have control over is your choice about how you respond.

We all have a story of hurt and loss in our lives. We also all have stories of hope and perseverance. The question remains as to how we manage the everyday. How we persist in the Christian life. Especially when things get tough. How do we hold onto the unseen?

Hope is the answer. Hebrews 6:19 declares: *'We have this hope as an anchor for the soul.'*

Do not give up. Count on God to give you more hope whenever you ask Him for it.

God will never abandon those he has called to enter into fellowship with him.

That is the source of Biblical hope. If God is good and never changes his attitude nor forsakes us, then whatever difficulties may arise—if the world we see is far from justice, peace, solidarity and compassion—this is not the definitive situation. From their faith in God, believers draw the expectation of a world according to God's will or, to put it another way, according to God's love.

For Christians, Jesus is the Risen Christ who is with us today.

*'I am with you always, until the end of the age.'* (Matthew 28:20).

Hoping, then, means first of all discovering in the depths of the present, a life that leads forward and that nothing is able to stop. Each day. As we embark on this life, we are led to create signs of a different future here and now; in the midst of the difficulties of the world, hope in the Christian life is a seed of renewal that will bear fruit when the time comes. It means we get up the next morning and do it again.

**Andrea Grear**

**Head of Senior School**

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## College Employment Opportunities

Emmaus is seeking suitably qualified Christian staff to join our team:

- **Early Childhood Teacher** (0.6 FTE) ongoing at ELC, Brooklyn Park. Due to ongoing growth and maternity leave backfill. **Applications close on Friday 25 February 2022 at 12 noon.**
- **Middle School Teacher** to cover long service leave, South Plympton. **Applications close on Friday 18 February 2022 at 12 noon.**

Full details and application criteria are available on the College [website](#). Please email applications to [HR](#).

Please share this information with any family, friends and Church associates who may be interested in these roles.

## Junior School - South Plympton

### Creating our class communities and developing a positive learning environment

We are so proud of the way the Junior Primary classes have started the year. It has been very different having so many older children learning online, with no older brothers and sisters around, adjusting to different drop off and pick up arrangements and other changes brought about by COVID safe practices. The most amazing thing is that the children have taken these challenges in their strides and they are so thrilled to be back to face to face learning!

Each of the Junior Primary teachers have spent lots of holiday time setting up their rooms to be inviting and welcoming spaces. During the first few weeks we spend time building relationships with the children and help them feel safe and secure at school. Once routines are more familiar and class expectations clear, children are able to learn and flourish with their development.

All of the Junior Primary classes have enjoyed sessions with our Gifted and Talented Co-ordinator, Mrs Susanne Milne, who has spent time in our rooms sharing the importance of growth mind-set. Children need to learn that it takes time to master new concepts and skills. There might be things they cannot do YET but with time, growth, positivity, support and practice, so much can be achieved.

For the children, we like to promote that learning is a journey and we share with them how learning happens. We pose questions, to find out what understandings the children already bring with them. We talk about brains and how they work best. We observe the children while they learn and check what skills they have already mastered. We build an informed understanding of developmentally appropriate learning goals are right for each child. We reflect on best learning practices and involve the children in shared learning experiences.

We want learning to be powerful, relevant, engaging and significant for all our children at Emmaus!

Some of the children have shared their insights about what learning means for them...

Chelsea: *We need to try our best*

Maddie: *You have to persist, and try over and over again to learn new things*

Uriah: *We use our brains to learn*

Audrey: *Learning is trying new things*

Hunter: *You feel good when you learn*

Olive: *Learning is doing work for yourself*

Maya: *You have to concentrate and try hard to learn*

Chloe: *You have to think – I can do this!*

We are looking forward to a wonderful year of endless possibilities and opportunities!

**Pip Cooper**

**F-2 Curriculum and Learning Coordinator**





# Brooklyn Park

## Continued Growth

Our Brooklyn Park campus has seen continual growth since its doors were opened at the beginning of 2020. For the first time, 2022 has seen us starting the school year with classes of all year levels up to Year 6! We have been most pleased to be able to welcome a large influx of new families and staff into our community. Currently, we have 62 students in our ELC, and 147 students from Foundation to Year 6. It is such a blessing to see God's continued provision as He brings more families into our community.

A particular moment that stood out to me was actually from the beginning of Week 1, prior to our official first day with students. It was morning tea time and our staff were taking a break from the busyness of setting up new classrooms to eat in the sunshine outside. One of the students who was in care stared around at the new staff with wide open eyes, "There are SO MANY teachers!" he exclaimed. I had to laugh. To him, who began at the school when there were only two classes, this new number of teachers required for seven classes seemed enormous!

On our first day of term there was an excited buzz in the school yard, as we welcomed our brand-new Foundation students, as well as our Year 1 and 2 students on site. Amidst the expected first day jitters, it was a joy for our staff to witness so many happy and smiling faces. Similarly, on the first day of Week 3, it was the delight of our staff to welcome our Year 3-6 students back on site after their 'soft start' in Online Learning. With our student numbers doubling from last year to this, it has been a happy sight to see so many children out in the yard talking and playing with each other. We are thankful to be able to have all of our year levels back on site.

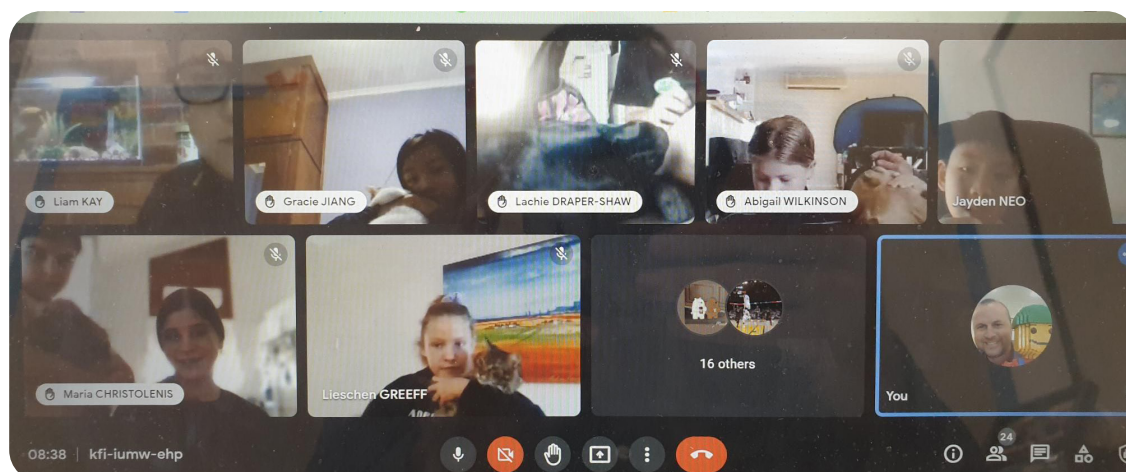


**Marni Greenwood**  
Head of Junior School

## Petday Friday

Each Friday during Learning from home, Year 5/6s at Brooklyn Park brought their pets to school! We had plenty of animals on show including Holly the Rabbit (Kayla), Pablo the French Bulldog (Zion), Flop the Minilop Bunny (Maria & Georgeah), Sheeba the Long-haired Chihuahua (Anthony & Jordon) Lilo the crazy Labrador (Lachie) and Snap The Stimsons Python (Niamh)! Each student took the time to introduce their pet to the class and share a bit about them.

We are each excited to be back at school in person next week, and be assured that we will leave our pets at home!!



**Richard Heath**  
Junior School Teacher

## Introducing...

### James Aird - IT Technician (SP)

Hello, I am James and I am the newest member of the IT team at Emmaus. I am looking forward to getting to know you and learning with you how to help everyone with their IT problems. I am thankful for the opportunity to work in such an enriching environment and apart of a great team.



### Sarah Bell - Junior School Learning Support Coordinator (SP & BP)

Hello Parents and Emmaus Community! My name is Sarah and I'm very excited and thankful to be serving as the Junior School Learning Support Coordinator for South Plympton and Brooklyn Park. Throughout my 25 years in education, I have taught across Junior and Senior schools, in mainstream classrooms, Learning Support classes, and Special Education units. I spent an amazing 3 years teaching in an International School in Papua New Guinea and most recently had the privilege of teaching diverse learners and leading the support team at St John's Grammar School, Belair. When I'm not working, I love to exercise, work on crafty projects and spend meaningful time with my wonderful family and friends. I feel so blessed to be joining the Emmaus community and look forward to working alongside families to support the learning and wellbeing of their precious children.

### Emma Broadbent - School Assistant - Home Economics (SP)

Hi Emmaus, my name is Emma Broadbent and I have the privilege of assisting in the Home Economics department. You may have seen me around the school with my parent hat on. We have two children, Noah and Prisayus, who attend Emmaus Christian College. My husband John is an old scholar and we have had some of his previous teachers teach our kids. We appreciate the schools Christ centred approach in all things.

We love that our kids are engaging with teachers who are passionate about their roles and encourage family involvement. I have been a part of Coastlands Church for 15 years. I enjoy helping and encouraging people and look forward to using these passions in my role. I feel extremely blessed to become a member of the Emmaus staff and look forward to seeing you around the school.



### Lachlan Brockbank - Junior School Teacher (BP)

Hi Emmaus community! I have the honour of joining the Year 1/2 team at the Brooklyn Park campus this year. This is my first year of teaching, after graduating with a Master of Teaching from Tabor College last year. I previously studied and graduated university with a Petroleum Engineering degree, but realised my passions lay in the realm of teaching. I am incredibly grateful to begin my career at this amazing school. It is a joy and privilege to work with students in their learning journey and help them to grow in the light of how God sees them – talented and creative individuals, made in His image and so special to Him. I look forward to the year ahead and getting involved in this wonderful school community.

### Jim Brown – Senior School Teacher (SP) Year 9 – 12 Design and Technology + eCAM

I feel very privileged to join the wonderful community at Emmaus Christian College after teaching Design, Technology and Engineering for nearly 19 years at Tatchilla Lutheran College, in the wine growing region of McLaren Vale. My family has the blessing of a strong Christian heritage. I grew up in Naracoorte in the South East, and spent a lot of my formative years camping and enjoying God's amazing creation. I have worked in a variety of jobs outside of teaching including surgical instrument making, industrial design, and waste-water recycling. I met my wife Marina through Youth Group and Wirraway Homestead and we have three wonderful children, Tom, Noah and Mae.



### ShinYie Chew - Early Childhood Teacher - ELC (BP)

Hello Emmaus Community. I am ShinYie and I am blessed to be a part of this God loving group of professional team. I have over 10 years of experience working in the early childhood setting. I believe that children are born with immense potential and that quality early learning helps children to realise their potential and build a strong foundation for learning and life. In this season, I am excited to be in partnership with children, families, educators as we embark on the learning journey together. You are loved and you are brave. God bless you all!

### Liam Grosvenor - Junior School Teacher (BP)

Hello! My name is Liam and I am very much looking forward to being part of the Emmaus Brooklyn Park Teaching Team in 2022. I am excited to get to know the students in my class, and look forward to supporting them to achieve their very best this year. I previously taught at Hills Christian Community School for three years. I am an avid sports enthusiast, and along with my wife Naomi, am expecting my first child this year!







#### Heather Hamilton - Human Resource Manager

Dear Emmaus families and staff, I feel privileged to be the first Human Resource Manager at the College and honoured to serve as part of the community. I am passionate about ongoing learning and development while making a difference in the world, and I am fortunate enough to have my passions align closely with my HR role. Internationally studies show that high levels of 'staff engagement and wellbeing' results in improved student learning outcomes, and that fits well with me. My aim is to provide a positive contribution to leadership, staff and the broader community.

I am the proud mother of two daughters, 18 and 28 years old and soon to be "G'ma" to my first grandchild. I aspire to be fit and healthy, enjoy watching and attending AFL, cooking, theatre and music. I am really looking forward to meeting you all and excited to be working with you as part of the Emmaus team.

#### Richard Heath - Junior School Teacher (BP)

Hi Emmaus! My name is Richard and I'm really excited to be joining the community at Brooklyn Park, as the 5/6 Teacher. This year is an exciting one, as we embark on having our first 5/6 group of students, who will set the path for others to follow in the future. A passion I have is student leadership, and I look forward to working with the many talents in our 5/6 group as we look to lead the school, role modelling for our younger year levels, and shaping our own skills for the middle years to come. When I'm not teaching, you'll find me on the beach with my family, or in the water as I kayak the Mighty Murray! Originally from the UK, I emigrated to Australia in 2007, drawn to the hot weather and long summers. I previously worked for the LEGO group for 10 years, so you'll definitely feel a LEGO theme when you come into our room!



#### Amy Hein - Marketing & Admissions Assistant

Hey Emmaus! My name is Amy, and I am blessed to be assisting in Marketing and Admissions. Having recently completed my studies in marketing and design, I'm looking forward to being involved in communicating and sharing the positive culture and light of Emmaus! Outside of marketing, I am a passionate singer, dancer, and performer. I love leading worship at my Church in Hahndorf or taking the stage at the Adelaide Fringe Festival!

#### Taylah Herrmann - Foundation Teacher (SP)

Hi Emmaus Community. I am so blessed to become a part of the Emmaus family this year as a Foundation teacher at the South Plympton campus. I grew up in the Adelaide Hills and come from a large family, some of whom are also teachers. From a young age I felt called to become a junior primary teacher, so having the opportunity to teach Foundation is such a blessing from God. I studied Early Childhood Education at the University of South Australia and am passionate about helping junior primary aged children grow and flourish in their school environment. I believe it is so important for children to not only experience success in their learning but to also experience the love of God through their school environment. I am looking forward to working alongside you all, in a Christ-centred environment, to support your children in their learning journey this year.



#### Fiona Hunter - Middle/Senior School Teacher (SP)

Greetings Emmaus Community, my name is Fiona Hunter and I feel blessed to serve in this wonderful Christ Centred Christian College. I have taught English and PE for many years and I thoroughly enjoy both subjects. I am very much looking forward to sharing my passion for sport, fitness and health. I equally look forward to discussing novels, films and assisting students to become confident writers, orators and critical readers. What excites me most of all though; is sharing God's unwavering love with others. I have been brought up in the Salvation Army and I especially enjoy the worship on Sunday mornings. I am thankful for the opportunity to work in a school that lives their Christian faith.

#### Erin James - Student Wellbeing Coordinator 7-12 (SP)

Hello Emmaus! My name is Erin James. I am the new Wellbeing Coordinator for years 7-12. I am married to a wonderful husband and we have a beautiful 9 month old daughter. Originally from Canada, Australia has been my home for the past 5 years. I have a background in Youth Ministry, Intercultural Studies and Counselling. I am passionate about trauma informed practice, and have a heart for coming alongside students as they experience Jesus in the midst of their brokenness and daily struggles. It is a privilege to be part of the Emmaus family and journey with its students.



#### Tash King - Student Wellbeing Counsellor (SP)

G'day everyone, my name is Tash, I'm really excited to be a part of the Wellbeing Team this year as a Counsellor with F-12's. I'm a mum to a 15 month old boy named Alby, a fur baby mum to German Shepherd girl dog called Arbor and a wife to my husband Ziggy. We have recently added some sheep and chickens to our home, which has now become one of my favourite routines to add to the day. I really love being outdoors hiking, skating, bike riding, rock climbing, canoeing and my favourite thing ever to do is snowboarding. I look forward to journeying with you all this year.

**Alex Lauder - Junior School Teacher (BP)**

Greetings Emmaus community! My name is Alex Lauder and I am teaching a year 3/4 class at Brooklyn Park. It is a blessing and a privilege to be teaching and serving at Emmaus Christian College. I have two children enrolled at Emmaus (Evelyn & Arlo), and I am very excited that I am able work so much closer to where my children attend school. My wife recently had our third baby (Oakley) on 1 February, so we are adjusting to being a family of 5. I love that I am able to not only educate students, but educate them for eternity and finding ways to motivate and promote learning through Christ.

**Rita Ling - ELC Co-Educator (BP)**

Hello Emmaus community! My name is Rita and I was born and raised in Malaysia. My husband and I have a 10-year-old daughter and 7-year-old son. I had 7 years working experience in business fields when I first graduated. This is my fifth year into early childhood education and I believe early years education builds the foundation for children's life-long learning, wellbeing and health. I look forward to working in partnership with families and the community to support the young children to achieve their developmental milestones and bring out their uniqueness and God given gifts.

**Kate McGee - Junior School Learning Support Teacher (BP)**

Hello, Emmaus Community! My name is Kate and I am really excited to be joining the Brooklyn Park team this year. I have a number of roles which take me across the Junior School working with both staff and students. My primary responsibility will be in the Learning Support space, where it is my passion and privilege to support students to achieve their learning goals. My husband and I have two children, and we are involved with Kids Ministry at our church. I'm looking forward to working alongside staff and families at Emmaus Christian College.

**Tess Teo - School Assistant - Learning Support (BP)**

Hello Emmaus family! My name is Tess and I am very blessed and thankful to be joining the team as a SSO Learning Support at the Brooklyn Park campus. Working alongside with children always brings me joy and new learnings every day. My teaching background in Singapore's special education settings has brought me to further my studies here in Adelaide. I am delighted to have this privilege of supporting each child in their learning journey, and looking forward to see them grow in knowing their identity in Christ.

**Sandy Were - Foundation Teacher (SP)**

Hello and Welcome! My name is Sandy and I am teaching Foundation. I am looking forward to working at Emmaus and getting to know the community. My teaching career has led me to teach in several states in Australia, including the Northern Territory. I feel privileged and blessed to teach students in their first year at school and see them develop life skills and grow as individuals. It is great being at school where Jesus is central in all things. Blessings and Peace to you!




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## From the Canteen

Welcome back on site Years 3, 4, 5, 6, 9, 10 and 11 students. The whole canteen menu is now available to all students and staff. (See attached).

**Reminder - Changes to EFTPOS for Middle and Senior School**

Middle and Senior School students can only use a bank card to purchase items and there is a \$5 minimum spend.

Cash orders can still be made, please see the back of the menu for the process for the different sub-schools. Please use coins or small notes (\$5 or \$10).

Preferred method of ordering is using the Qkr app there is no minimum spend, you can order 2 weeks in advance, you can cancel orders if needed before the cut off time of 9am on the day.

Thank you for your continued support. God Bless. *"For he satisfies the thirsty and fills the hungry with good things"* Psalm 107:9

**Sharon Hughes**  
Canteen Manager

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## From the Library

**Scholastic Book Club**

A reminder that orders are due online by 20 February. To order [click here](#).

Orders received after this date can still be made, but will be delivered to your home, at an extra cost to you.

**Jan Maschmedt**  
Library Assistant

## Middle School

### Reflections From Students in 7 Bright

*"The day before I started at Emmaus I was so nervous. I was so worried that something would go wrong or that I would get locked down just before it started. But by the time I got to school I felt less nervous and much more excited. I have made lots of new friends already and I can't wait for camp in Week nine. So far I have really enjoyed meeting the new teachers and everyone has been so friendly. I am excited for the next few years ahead at this school and all the new opportunities it will bring."*

Jennifer



*"On the day before the first day of school, I was extremely stressed about...well, everything. Would my teachers be as nice as my older siblings said they were? Would I be all alone at break times, with no one to talk to? Would homework be seemingly impossible to complete? But the next day, I found all this stress had been pointless. The teachers were nice, I had made friends on the first day, and homework was reasonable (thank goodness).*

*So far, I have had a great time at this college. I have enjoyed all my lessons, but there were several highlights, like when we first lit our Bunsen burner in science, or when I finally worked out how to open the lock for my locker.*

*I am looking forward to Year 7 camp. When I went to Year 6 camp in primary school, it was a great experience. I believe this year, it will be a new, interesting experience, especially with different kids and teachers.*

*I am also looking forward to Lego League. I am hoping to participate in it, as I am a big fan of Lego. Thanks to all my teachers for helping me as I begin this new chapter in life."*

Andrew

## Community News

### Keep Kids Safe - Marion Council

As the new school year begins, Marion Council would like our families to be aware of the parking zones situated around the College and that these are utilised correctly in the most efficient and effective manner and within the legal requirements of the zones.

Please note that Community Safety Inspectors will continue to patrol and enforce safety related offences in and around Schools, but Marion Council have assured us that their officers will take a reasonable and flexible approach to enforcement and assist the community where ever possible.

Please find attached to this newsletter a brochure from The City of Marion for your reference which explains the various parking restriction signs and their meaning in layman's terms.

If you have any queries or would like further information, you can contact the Community Safety Department via email or by telephoning 08 8375 6600.

### Drop off and Pick Up Zones

Please note that the 2 minute limit applies to the 'Drop Off' time period only, though we encourage students to be ready to be picked up when parents arrive.

We encourage parents to drop off and pick up closer to the second gates (EPAC Entrance) when possible, to help reduce some of the congestion at the main entrance gates near the student crossing.

### SACBA Skills Sessions

SA Church Basketball Association are currently running Skills Sessions at Immanuel College. Cost \$7 per session. For further information and to register contact them via [email](#), visit their [website](#), or call on 0476 262 011.



## Student Wellbeing

### When Change Brings Challenge

What a couple of years it has been, and I do not know about you but every time I think things are about to go back to “normal,” there seems to be more change. When I was hired for this role, Emmaus was set to be one place I did not have to wear a mask every day, and quickly that changed. When I moved to Australia, I never thought that I would be watching my brother get married online because I cannot get back home to Canada, but alas here we are.

As students/parents of Emmaus, you have already faced change this year. As you prepared to return to school/send your children back to school, the government enforced changes for our protection and now we have seen many students starting the year online. For those that did return on campus, it has not been the same as only half the school is present and teachers are wearing masks during lessons? Many families are split with some children in school while siblings are at home? None of this feels “normal.” But - what might feel unfair or challenging, is really a great chance to build resilience – something I promise you will all need in life!

As I reflect on change I am reminded of Matthew 6:25-34 (NIV). The scriptures say *“Who of you by worrying can add a single hour to his life?”* Continue reading, and picking back up in verse 34 it says *“Therefore do not worry about tomorrow, for tomorrow will worry about itself. Each day has enough trouble of its own.”*

I am reminded in these verses, that no matter what changes life brings, God knows my worries and that by worrying I detract from the present, letting things I cannot change steal my focus. Instead, we should enjoy today as best we can and deal with tomorrow, well... tomorrow!

In the meantime, here are some practical tools to help cope with change:

1. **Acknowledgement** – Whenever change is present it's important to acknowledge and understand what is happening. This can alleviate some of the stress that denial and putting it off may cause.
2. **Take time to reflect** – Reflection is important. Often, we don't take time to be quiet or still and think deeply. Doing so might help you to understand what you are feeling or reframe the way you are looking at the situation.
3. **Strive for normalcy** – When life feels like it is out of control, we often crave normalcy and cling to whatever gives us a piece of that! So wherever possible - keep the routines, and structures in place that make you feel like you have control.
4. **Celebrate the positives** – The glass is half full! Ask yourself, is it all bad? What good is there in this? Maybe a few extra weeks at home or with your kids at home has it perks?
5. **Manage your stress** – Are changes, adding to stress or creating new stress? What can you do to lighten your load, or support your self care? Self care is important always but especially when we are struggling.
6. **Seek Support** – Where all else fails, or you are still feeling like you need help – seek support.

### Counselling Support

We recognise that at times, we all need a little extra support. Sometimes we just need someone to talk to, and to process things like change! Our Wellbeing Team are here to support your children through these times. You can make a referral to see one of our Counsellors on the Emmaus Wellbeing Website.

Remember, despite everything going on in the world, one thing remains constant and unchanging – our God! I'll leave you with Hebrews 13:8 (ESV) *“Jesus Christ is the same yesterday and today and forever.”*

Blessings,

**Erin James**  
Student Wellbeing Coordinator 7-12

## Launch News

May 2022 be a year of great hope and opportunities!

**Public Speaking Opportunities** for your child to grow...

### Rostrum Voice of Youth Competition

This offers students an exciting opportunity to hone their public speaking skills in a high-quality competitive environment. Public speaking develops 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 in Year 7 to Year 12 are eligible to compete.

Training will be provided on Tuesdays at lunch in the LAUNCH room.

The competition is in Term 2, either on Saturday 14 May or Sunday 15 May.



## Legacy Junior Public Speaking Competition

The Legacy Junior Public Speaking Competition (Award) is a national competition conducted through secondary schools and colleges in most parts of Australia. It seeks to contribute to the personal development of 12-14 year olds by encouraging the best use of spoken English. Competitors need to be under 15 years of age on the 1 January in the year of the competition.

The aim of the Award is to enhance students' oral communication skills and to help people appreciate the ideals of Legacy which are – voluntary service, social justice, caring, personal sacrifice and/or mateship.

Competition dates are in the evening of Friday 3 June and Saturday morning 4 June.

Training will be provided on Tuesday's at lunch in the Launch room.

### Debating SA Competition Open for students in Years 5 - 11

Debating enables students to critically think and increases their empathy. It also provides opportunities for growth in public speaking and continues to develop their social and communication skills. So many of our students have enjoyed the thrill of debating.

Five, Inter school Debates are held in the evenings, once every 3 weeks during Term 2 and 3. Students are in groups of 4 - 5.

Training will be provided for:

Junior School students in Year 5 and Year 6 - after school on Mondays in the Library.

Middle and Senior School students during lunch, (TBC with the team and coach).

Please contact me via [email](#) if your child is interested in participating in any of the above Public Speaking opportunities.

**Susanne Milne**

**Launch Coordinator ELC-10**

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## Uniform Shop

### 2022 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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If you need any uniform, please do not hesitate to [email](#) or phone on 08 8292 3810. You can also order and purchase items via Qkr.

**Christine Blom-Cursaro**

**Uniform Shop Manager**

\* Indicates items free of certain additives (see over page for list)  
**GF** Indicates Gluten Free Products

**V** Indicates Vegetarian  
**VE** Indicates Vegan

**DF** Indicates Dairy Free  
**NF** Indicates Nut Free

## ASIAN MEALS

Please give an alternative on lunch order bag

Fried rice with chicken **GF NF DF**

Vegetarian hokkien noodles **VE NF DF**

## COLD ROLLS

2 of the same flavour and dipping sauce

3 of the same flavour and dipping sauce

BBQ Pork / Teriyaki Chicken / Thai Chicken /

Vegetarian

## GRILLED CIABATTA

Please give an alternative on lunch order bag

Chilli chicken strips, tomato, baby spinach, onion, cheese, sweet chilli mayo

Chicken schnitzel strip, tomato, baby spinach, onion, cheese, mayo

Chargrilled peppers, sundried tomatoes, black olives, baby spinach, cheese, mayo **V**

## SUSHI **GF NF DF**

Smoked Salmon/Teriyaki Chicken/Cooked Tuna/California Rolls

Vegetarian **V** /Pumpkin and Avocado **V**

Soy sauce

Butter Chicken with Rice **GF DF** contains almond meal

Malaysian Chicken with Rice **GF DF**

Dahl **VE GF NF**

## ½ VIETNAMESE ROLL

Please give an alternative on lunch order bag

Thai Chicken/Butter Chicken contains almond meal

Roast Pork/Tofu **VE**

Chicken “cold roll” Salad (noodle salad)

Beef “cold roll” Salad (noodle salad)

## BAGUETTES (White or Wholemeal)

Chilli chicken strip, carrot, lettuce, mayo

Chicken schnitzel strip, carrot, lettuce, mayo

Chicken\*, carrot, lettuce, mayo

Cheese, carrot, lettuce, cucumber, mayo

Chicken and salad **ORDERS ONLY**

Falafel and salad and hummus **V ORDERS ONLY**

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

## SANDWICHES (Wholemeal Only) **ORDERS ONLY**

Add 50c for gluten free

**GF bread is available. MARK clearly on lunch order**

Buttered

Vegemite

Light cheese\* **GF**

Salad: Lettuce, cucumber, tomato, grated carrot, mayo **GF**

Meat: Chicken\* **GF** or ham **GF**

Light cheese and salad\* **GF**

Meat: Chicken\* or ham and salad **GF**

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

## WRAPS **ORDERS ONLY**

Chicken\* and salad

Chilli chicken strips and salad

Chicken schnitzel strips and salad

Falafel, hummus and salad **V**

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

## SALADS **ORDERS ONLY**

Light Cheese and salad\* **GF**

Meat: Chicken\* or Ham and salad **GF**

Falafel, hummus & salad **V**

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

Add Chargrilled peppers or sundried tomatoes or black olives

.50 each

## MONDAYS ONLY

5.50

5.50

5.00

6.00

## TUESDAYS ONLY

5.50

5.50

5.50

## WEDNESDAYS ONLY

2.50

2.50

5.50

5.50

5.50

## THURSDAYS ONLY

3.00

5.50

5.50

4.00

4.00

4.00

4.00

4.50

4.50

## HOT FOOD

Garlic Bread (9 inch)

Pizza: Ham & Pineapple/Cheese & Bacon **ORDERS ONLY**

Potato Wedges (about 150g)

Hot Dog **NO** sauce **ORDERS ONLY**

Hot Dog **WITH** sauce

Light Pie

Light Potato Pie

Light Sausage Roll

Spinach and Cheese Roll

Vegan Summer Roasted Vegetable Pasty **ORDERS ONLY**

**GF** Sausage Roll **ORDERS ONLY**

Tomato Sauce\*

Sweet Chilli Sauce

## BURGERS **ORDERS ONLY**

Vegetarian: Vegetarian patty, carrot, lettuce, mayo **VE**

Beef: Beef patty, lettuce, mayo, tomato sauce\*

Chicken: Crumbed chicken patty, lettuce, mayo\*

Cheese Burger: Beef patty, cheese tomato sauce\*

**GF** Chicken Tender burger, lettuce, mayo and **GF** roll

**GF** Beef burger, lettuce, mayo and **GF** roll

Mark **GF** clearly on lunch order

## SNACKS

Apricot and coconut balls **GF**

Grainwaves

Chips: plain\*, honey, soy, BBQ veg chips **GF**

Fruit in season\*

Light choc muffin

Banana bread\*

**GF** Banana bread

## ICE BLOCKS **OVER THE COUNTER ONLY**

Fruit Tubes

Moo – strawberry/chocolate\*

Lifesaver icy pole\*

Lemonade icy pole\*

Frosty Fruit\*

Twisted frozen yogurt – watermelon & mango **GF**

## DRINKS

500ml NU Water

600ml NU Light sparkling water

250ml Golden Circle (Apple, Apple Blackcurrant, Orange)\*

250ml Up & Go (Chocolate\*/Strawberry\*/Vanilla\*/Banana\*)

250ml Oak Strawberry\*/Chocolate\*

350ml Golden Circle (Apple/Orange/Apple Blackcurrant)\*

## EXTRAS

Spoon/Fork

Mayo\*

Tomato sauce\*

Sweet chilli sauce

Light cheese slice\*

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



# Canteen Procedures and Rules

## Canteen procedure for Qkr app ordering

- Download the free Qkr app
- Set up student profile/s
- Cut off for ordering is **9:00am** on the day
- Pre order up to 2 weeks in advance
- Pre orders can be **cancelled using the app before cut off on the day, 9:00am**
- Junior school lunch orders will be sent to class in the class lunch box
- Middle and senior school lunch orders can be collected from the canteen at lunch time
- Late lunch orders can be placed at the canteen using cash or EFTPOS (\$5.00 minimum) before 10:00am
- Use the support contact details on the app if you are experiencing problems

## Canteen procedure for cash ordering

### Junior school

- Clearly write out a lunch order bag, must have students name and teacher's name
- Place cash, coins or small notes (\$5.00 or 10.00) in the bag and fold it over at the top a few times to stop the money from falling out
- Place the lunch order bag in the green bag in the class lunch order box
- Class lunch box is sent to the canteen
- Class lunch box will be collected at 12:00
- Late lunch orders can be placed at the canteen using cash, coins or small notes (\$5.00 or 10.00) before 10:00am

### Middle and Senior school

- Clearly write out a lunch order bag, must have students name and teacher's name
- Place cash, coins or small notes (\$5.00 or 10.00) in the bag and fold it over at the top a few times to stop the money from falling out
- Place in the blue lunch order box outside the front office before **9:30am**
- Lunch orders can be collected for the canteen at lunch time 12:50am
- Late lunch orders can be placed at the canteen using cash, coins or small notes (\$5.00 or 10.00) before 10:00am

## Canteen procedure for EFTPOS ordering

### Middle and Senior school

- **EFTPOS payments must be made using a bank card (no phone or watch payments are allowed)**
- Pay using EFTPOS, there is a **\$5.00 minimum**
- Place order at the canteen before school from **8:30am to the start of school 8:40am**
- Clearly write out a lunch order bag, must have students name and teacher's name

## Teachers

- Please order lunches before **9.30am** and place in the blue Canteen box outside Reception or place order at the canteen before school from **8:30am to the start of school 8:40am using EFTPOS (\$5.00 minimum)**

## 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, e.g. hot dogs, burgers, wraps, sandwiches
- There are some foods that can only be purchased if ordered, e.g. sandwiches, rolls, wraps, burger

## Emergency 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

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