



**Emmaus**  
Christian College

# Newsletter

Week 5 Term 3 | 18 August 2021

## IMPORTANT DATES

### SOUTH PLYMPTON

#### AUGUST

- Mon 16 - Science Week  
Fri 20
- Mon 23 - Book Week  
Fri 27
- Tue 24 MS/SS Musical 'Shrek' @ Goodwood Institute for participant families only 11am & 7pm
- Wed 25 MS/SS Musical 'Shrek' @ Goodwood Institute for participant families only 11am & 7pm  
  
MS/SS Musical 'Shrek' Online Performance, streamed live 7pm - 9.30pm (via ticket)
- Thu 26 MS/SS Principal Tours
- Fri 27 JS Music is Fun

#### SEPTEMBER

- Thu 2 JS Principal Tours

### BROOKLYN PARK

#### AUGUST

- Mon 16 - Science Week  
Fri 20
- Thu 19 Principal Tours
- Mon 23 - Book Week  
Fri 27
- Fri 27 JS Music is Fun

#### SEPTEMBER

#### Weekly Coffee Connect

Brooklyn Park

Cancelled until further notice

## From the Head of Senior School

Dear Families and Friends

### Managing Mindset

I am an emotional person. I can remember my dad telling me as a child, whilst I was crying over some film, probably Lassie, that my bladder was too close to my eyes. I think I am not an orphan in this respect. The good side is that I am an empathetic person, which helps with my role and caring for others. Yet there is a dark side. Our society tells us in so many ways, through so many mediums, that if it feels good then do it. We are constantly receiving messages to base our decisions, actions and words on our emotions. All of our choices are to be considered primarily from how we feel. And in our troubled times of uncertainty and lock down, this can be unsettling and unhelpful.

We all know that tough times are not new in this world, others have learnt to manage and live a life to the glory of God despite fighting feelings of shame, despair and grief. Ironically, the stirring hymn Amazing Grace, closely associated with the African American community who have, and still, suffer so much unfair prejudice, was written by a former enslaver, John Newton. Newton's story and hymn remind me about how often when we are at a very low point that we have to confront ourselves and why we behave the way we do. He took so many years after participating in the trade to renounce slavery publicly, he reflected that:

*"It will always be a subject of humiliating reflection to me, that I was once an active instrument in a business at which my heart now shudders."*

Newton's beautiful hymn represents the painful process of recognising how behaviour, choices and subsequent emotions can impair decision making and our attitude to life. Shame is a significant motivator to change behaviour. I can easily forget to be guided by faith, to live in God's word and to pray. I am a saved wretch despite whatever I have done. It is God's word, Jesus' example, that I need to follow and not my emotions. Joyce Meyer in Battlefield of the Mind says that *"Your life will not get straightened out until your mind does."*

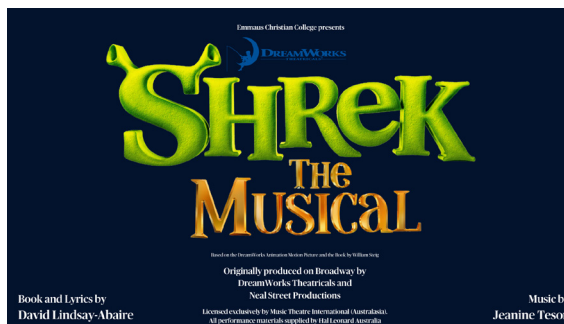
I am not saying that it is appropriate to ignore emotions, that is an impossible dream in my case, but that they are only part of the story. Meyer also explains that we can choose thoughts and think things on purpose. In other words, I do not have to just think about whatever falls into my mind. The mind is the leader or forerunner of all actions, so we need to think about what we think about. In **Romans 12:2** Paul says: *"Do not conform to the pattern of this world, but be transformed by the renewing of your mind. Then you will be able to test and approve what God's will is—his good, pleasing and perfect will."*

I have learnt to recognise my feelings, but not behave based on them or I will be stuck in the same spot. God sees my heart, my competitive nature and my over abundant feelings – whether I admit to it or not. I need to remember: you become what you think. Think discouraging thoughts, and I will get discouraged – think competitive thoughts and I will never be satisfied with what I have.

And it is in Philippians that we can find encouragement of change in our lives. Paul writes in **Philippians 1:6**, that we can *"be confident of this, that he who began a good work in you will carry it on to completion until the day of Christ Jesus."*

**Andrea Gear**  
Head of Senior School

## Shrek the Musical 2021 - LIVE STREAMED Event



Emmaus Christian College presents Shrek the Musical. Originally produced on Broadway by DreamWorks Theatricals and Neal Street Productions.

You are invited to the live streaming of the Wednesday Night Performance. This will be available to purchase via Trybooking, at a cost of \$15 per household.

Please see further information at the end of this newsletter.

**BOOK TICKETS AT [TRYBOOKING](#)**

## Junior School - South Plympton

Over the last couple weeks in HASS lessons, Year 5/6C have been learning about the Gold Rush by playing a modified game of Settlers of Catan. This game has been modified to suit the Gold Rush theme. In its design, students gave feedback as to how the game could be improved or modified. These were then included as new concepts each week, influencing the strategy of students as they play. All concepts were inspired from a realistic portrayal of a digger's daily life. Through this game, students develop their problem solving and social skills, gaining a richer understanding of Australia's history during the Gold Rush period. The students thoroughly enjoy this game, so much so that every HASS lesson begins with student's asking, "Can we PLEASE play the Gold Rush game?!"



Elias Flynn  
4th Year Tabor Pre-Service Teacher

## Junior School - Brooklyn Park

### Measurement

In Year 3/4 at Brooklyn Park, students have been learning about measurement. They have explored the formal tools needed to measure objects and have used metric units of measurement such as grams, millimetres, centimetres and metres.

Students have worked collaboratively to investigate where in life they would need to use measurement. Some of their answers were: renovating, weighing yourself, buying food, cooking and load capacity.



Kristy Houston  
Junior School Teacher  
JP/P Coordinator

Lachlan Brockbank  
Final Year Internship  
Tabor College



## Brooklyn Park - ELC

### ELC Receives Woolworths Junior Landcare Grant for their Edible Garden

It is with great excitement that we share with you that we have been successful in our application for a 2021 Woolworths Junior Landcare Grant for our project, "Emmaus Eats" ELC Edible Garden. We were also successful in winning a Bee Bonus Grant, to establish our own functioning bee hive in partnership with local Adelaide apiarist, James from Bee Wild!

Emmaus Christian College Early Learning Centre is one of 1,609 primary schools and early learning centres throughout Australia receiving a Woolworths Junior Landcare grant to help grow our next generation of environmental champions.

The grants are being funded with a 10c contribution from each sale of the Woolworths Bag for Good at full price, which was launched in 2018 when Woolworths went single-use plastic bag free.

We look forward to inviting our ELC and wider Emmaus families to partner with us also. We have already begun planting a collection of vegetables and herbs and have established our own worm farm that will soon enough give us 'growing juice' to help our produce grow.

Our ELC children and teachers are looking forward to working and learning from this project and we will keep you updated on our journey!



Emmaus Early Learning Centre



## Middle School

### Circus Skills

On Tuesday in Week 4, Year 7 Drama students enjoyed a circus skills workshop, run by Scott from Circus Elements. The students learned how to juggle with three balls and had fun experimenting with a wide range of tricks using flower sticks. It was wonderful to see the students engage so enthusiastically as they embraced exciting challenges and attempted to master new skills.



### Heroes

In Christian Studies, 8W have been focusing on Heroes. The class studied the life of Joseph by reading and studying parts of Genesis. They then chose a hero from the Bible, as well as a contemporary hero, to research and present to the class.



# Senior School

## Senior Students Signing In and Out of School

Can parents please remember that students need to have permission to sign out from school for appointments or leave early when they should be in a lesson. This applies to all students. Only Year 12 students can sign out during study periods with parental permission given at the beginning of the school year. All communication for this should be to Student Services.

**Andrea Grear**  
Head of Senior School

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## Student Wellbeing

### Thinking about Thinking...

Our thoughts are powerful. They determine how we act, and they shape what we believe. Thinking is habitual, and without deliberate guidance, our thoughts are prone to wander. Needless to say, it is important that we practice and cultivate healthy thinking patterns, as it has a significant impact on our mental health.

#### The science behind thinking...

Neuroscience is the science of the brain. In our brains, we have billions of neurons making neural connections all the time. When we learn a new skill, we create a new connection. When we practice that new skill, we strengthen that connection. This works the same for our thinking. The more we think about something, the stronger the connection becomes. We call this a neural pathway. I love the idea of a pathway, as it visually reminds me of a hiking trail. You can tell how well used a path is based on how flattened and worn away the ground is. If a path has only been walked on once or twice, it may be surrounded by overgrown bush or grass which makes it difficult to walk on, or to see where the path goes. Likewise, we have the ability to strengthen or weaken our neural pathways depending on how often we think particular thoughts. Put simply, if we think positive thoughts often, we strengthen positive pathways. If we think negative thoughts often, we strengthen negative pathways.

#### How we can practice healthy thinking habits...

##### 1. Recognise

*"Take every thought captive"* (2 Corinthians 10:5)

The first step to practicing healthy thinking habits, is to recognise which thoughts are positive and negative. Whilst this sounds obvious, we are not always on guard with our thoughts. Scripture says to submit our thoughts to God by taking them captive. We may not be able to control what thoughts come, but we can control how long they stay. We can recognise which thoughts are negative, so we can take them captive and replace them with positive thoughts.

##### 2. Replace

*"... let God transform you into a new person by changing the way you think"* (Romans 12:2)

We have the ability to choose what we think. This is not easy, but it is possible! Replacing is different to stopping. If you tell a two-year-old, 'Don't do that', they will probably want to do it more! It is just our humanity. What we should aim to do is replace the thought. Once you have recognised a negative thought, try to bring forward another positive thought instead to replace it. In this way, we are not putting all of our energy into stopping ourselves from thinking something, but into strengthening positive pathways. As Dr Caroline Leaf so eloquently expresses it, *"When you objectively observe your own thinking with the view to capturing rogue thoughts, you in effect direct your attention to stop the negative impact and rewire healthy new circuits into your brain."*

##### 3. Rewire

When you are able to recognise negative thoughts, take them captive and replace them with positive thoughts, you begin to rewire your neural pathways. The more you practice doing this, the stronger your positive neural pathways become. One proven way of rewiring your brain is to spend 5 minutes every day practicing mindfulness. Notice what you are grateful for, think about something you love, and express your thankfulness through words or actions.

#### Does your child need extra support?

If this is an area that you feel your child is struggling with, and you would like to request extra support, our Wellbeing Team would love to support you. You can make a referral to see one of our counsellors on the [Emmaus Wellbeing website](#).

#### Resources:

*"Switch on Your Brain"* – Dr Caroline Leaf

*"Winning the War in Your Mind"* – Craig Groeschel

Blessings,

**Steph Reedman and the Emmaus Wellbeing Team**

## Launch News

### SACLO: The Inaugural Inter-School South Australian Computational Linguistics Competition

- Language puzzle-solving competition
- Open to all students in Years 7-10

Fancy yourself a linguist?

A code breaker?

Someone who thinks outside the box?

Then have a crack at computational linguistics! We untangle the patterns that no one else can.

Emmaus Christian College has been invited to compete in the first South Australian Decoding Linguistics Competition.

Online practice sessions in Term 3, Weeks 6 and 7 during lunchtime on Friday's in the Launch Room 1.3 with Mrs Sarah Grieger and Mrs Susanne Milne. SACLO finals will be held in Week 8.

Students can form groups of four with their friends. It is fun, it is challenging and if you like solving puzzles this could be for you.

Please contact me via [email](#) if your child is interested.

### Debating SA Competition

Thank you to all our Debating families for being flexible.

Round 4 was postponed and numerous venues had to be changed, yet our families have been adaptable and supportive. Thank you.

We are delighted to announce that our Year 9 team defeated Glenunga International High School arguing on the affirmative side: *"That a nuclear waste storage facility in regional South Australia should go ahead."*

Congratulations to Mahalia in Year 9 for winning speaker of the night.

Currently, our Year 9 team is undefeated for the season and is ranked 2<sup>nd</sup> out of 49 Year 9 Debating Teams.

Thank you to their coach, Mr Jeremy Coggins and to all our Year 9 families for their support. They have one more round to debate. We wish them all the best.

Our Junior, Middle and Senior teams will be competing during Week 5.

**Susanne Milne**

**Launch Coordinator F-10**

**Curriculum and Learning Leader 3-6**

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## First Aid

### Phone App for Asthma and Asthma First Aid

Asthma Australia has developed three Apps to assist people with Asthma and their carers.

If you would like to find out more about each app, how it can help you, and where to download it, please [click here](#).

Thank you

**Ros Argent and Maria McIver**

**First Aid Officers**

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## Uniform Shop

### 2021 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**



# Shrek the Musical! – Performing live online

**Wednesday 25 August at 7pm**

We are excited to present the live, online performance of Shrek the Musical. Streamed live from the Goodwood Institute Theatre, this impressive, high quality show is not to be missed!

Amid changing COVID restrictions our Year 7-12 students have rehearsed with rigor and worked hard to create a beautiful show full of fun, grit and humour. We are very grateful to perform for our wider community. Book your ticket today and enjoy this entertaining show on your big screen at home!

Tickets are \$15 per household.

Book **NOW** at [Trybooking](#)

Ticket holders will receive a link to access the online event on Tuesday 24 August.

Due to limited theatre capacity, the musical will also be performed live for participants' and performers' families only on Tuesday 24 August 11am & 7pm and Wednesday 25 August 11am & 7pm.

We are grateful to perform this entertaining show for a live audience in-theatre.

Please pray for our many students and staff as they prepare for this much anticipated and special event.