



Emmaus
Christian College

Newsletter

Week 3 Term 4 | 27 October 2021

IMPORTANT DATES

SOUTH PLYMPTON

OCTOBER

Wed 27 - Yr 8 Camp @ El Shaddai
Fri 29

Thu 28 Inspiring Dance

Thu 28 - Yr 3/4 Camp @ Mylor
Fri 29

NOVEMBER

Mon 1 - Year 12 Exams
Fri 12

Fri 5 SACSA Touch Football
Art/Design & Tech Show

Mon 8 Foundation Orientation 1

Thu 11 Remembrance Day
Commemoration

BROOKLYN PARK

OCTOBER

Thu 28 - Year 3/4 Camp @ Mylor
Fri 29

NOVEMBER

Thu 4 JS Principal Tours

Tue 9 Foundation Orientation 1

Thu 11 Remembrance Day
Commemoration

From the Head of Senior School

Dear Emmaus Families and Friends

Finishing Well – Farewell to the Class of 2021

It is a joy to see our Year 12 students arrive at the end of their secondary schooling; more than arrive but thrive. The journey has not been what we thought it would be when we set out on the Senior school road all the way back in Year 10, however, I know that this group of students have been superb travellers in this whole COVID complication with us, the Emmaus Community. Even better we have all learnt of the need to trust in the love of a good God despite our inability to see where the year was leading. Our Year 12's have come through these times with love guiding them: the love of parents, our heavenly father and our Emmaus community – scarily we teachers love our students and want them to grow to be all they are designed to be as children of God.

Even when it was frustrating and camps were cancelled, excursions cancelled and classes were cancelled, (the caveat of study from home happily sorted this out), they continued with their studies and adapted. What amazing character traits this group of Year 12 students have learnt: resilience, hope for a better future and the knowledge that they can get through this ordeal with style and a little bit of sass. I pray that these students will know that although they have not had events in the usual and expected form, they have had growth in so many ways.

This final year of school has been a chance to become stronger, to learn that we can get over obstacles that are beyond our control together, and we have the ability to let go of what we cannot control.

We are stretched, but not broken; frustrated, but healed and whole in God's love.

All 87 of Year 12 students made this last week of Celebration so very special, the costumes have set the bar high for future years, the lunchtime Staff vs Student sports have been very entertaining, and the final assembly very moving. It has been a privilege to love these students as part of the Senior school and send them on their way to the rest of their lives. May they know that they are prayed over as precious members of our Community,



Weekly Coffee Connect

Brooklyn Park

Cancelled until further notice

Andrea Gear

Head of Senior School

Year 12 Dress Up



Junior School - South Plympton

At Emmaus we provide plenty of opportunities for the children to develop their critical thinking and problem-solving skills. Whether it is being courageous by trying something new, working together with a partner or simply having to be independent at the Year 2 Sleepover. We encourage children to think for themselves, ask questions and make connections with the wider world. Children use their senses to decipher the world around them and build their understandings. At Emmaus we encourage learning skills that will stay with children for the rest of their lives.



Pip Cooper
Year 1/2 Teacher
Junior Primary Curriculum Leader

Middle School

Year 9 students embarked on their biggest challenge of the Rite Journey Program with the highly anticipated five night Camp with a 24 hour solo night in the Adelaide Hills. Held during the last week of Term 3, the camp saw our students overcome personal challenges, move beyond their comfort zones, and ultimately develop their characters as they journey into adulthood. They hiked with rucksacks full of their own gear through the Adelaide Hills and Heysen Trail, rode Mountain bikes through rough terrain and completed a high ropes course. One highlight of the camp was the solo night where students set up their own shelters, experienced nature, spent time with themselves and God. It was an invaluable chance to reflect on their journey and achievements as they move into adulthood.

The Rite Journey camp is a unique educational experience that aims to support the development of self-aware, responsible and resilient adults. The program is designed to assist in transforming students from dependency to responsibility and involves the students in activities that challenge their thinking. We are so proud of all our students and the entire Rite Journey staff team! Congratulations on this awesome achievement!



First Aid

Allergies and Asthma in the Backyard

Below is an excerpt taken from Asthma Australia website:

Most of us enjoy getting outside in the garden during spring. But for people with hay fever and asthma, the extra pollen in the air can trigger symptoms and flare-ups.

We recently sat down with Dr. Ed Newbigin to discuss all things gardening and pollen. Dr. Newbigin is an Associate Professor in the School of BioSciences at the University of Melbourne. We covered some of the key topics below:

- *Tips for avoiding plants that contribute to allergies, hay fever and asthma*
- *General rules for choosing low-allergy plants*
- *The worst pollen producing trees and plants in Australian backyards*
- *Resources for learning more about pollen in your local area*

For further information on this topic please visit [Asthma Australia](https://asthma.org.au) and search 'Gardening Allergies & Asthma'.

Ros Argent and Maria McIver
First Aid Officers

Performing Arts

Instrumental Tutor Required - Vocal

We are currently looking for a vocal tutor to join our team at Emmaus. We value Christian staff within our tutor team and would be keen to hear from persons suitably qualified in vocal tuition. We are looking for a tutor with jazz training or experience to support our Vocal Ensemble, along with delivering individual tuition to a number of students. Persons with experience in Generations in Jazz Festival will be looked upon favourably. Please see our [College Website](#) for application details, scroll to 'Instrumental Music Tutors.' Applications close Wednesday 27 October.

Tracey Medhurst
VET / Performing Arts / Learning Support

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.

Additional Opening Times

December 2021

Monday 6	9.00am - 1.00pm
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January 2022

Monday 10	10.30am - 5.00pm
Tuesday 11	10.30am - 5.00pm
Wednesday 12	9.00am - 4.00pm
Thursday 13	9.00am - 4.00pm
Friday 14	Closed
Monday 17	8.30am - 5.00pm
Tuesday 18	8.30am - 5.00pm
Wednesday 19	8.30am - 5.00pm
Thursday 20	8.30am - 5.00pm
Friday 21	Closed
Monday 24	8.30am - 5.00pm
Tuesday 25	Closed
Wednesday 26	Closed
Thursday 27	8.30am - 4.00pm
Friday 28	8.30am - 1.00pm

Christine Blom-Cursaro
Uniform Shop Manager

Launch News

SACLO- South Australian Computational and Linguistics Competition

Emmaus Christian College had two Middle School teams enter the inaugural two-hour SACLO competition in late September. The students worked in teams to decipher obscure foreign or dead languages through decoding. We are pleased to announce that two of our students scored 97% for one section. Well done to Isaac and Dylan for winning Bronze Certificates.

Wednesday Writers Club Junior School

Thirty-nine students from Foundation to Year 6 have been coming to our new Wednesday Writers Club that started in Week 1. The students are keen writers who have welcomed the opportunity to hone their skills and share their creative stories with a wider audience. Each child received a special folder and a booklet to record their ideas and are encouraged to enter words, phrases, and ideas.

Special thanks to Pearl Dragun, Tracey Alderman and Alison Winter for being part of the team.

Susanne Milne
Launch Coordinator F-10
Curriculum and Learning Leader 3-6

Student Wellbeing

When BIG events cause BIG emotions; How to model emotional-regulation to our children

As we quickly charge on towards the end of the year, there can be such a wide range of big emotions that begin to appear in our children! These varying emotions generally arise from the typical 'end of school year' events, such as camps, excursions, special assemblies, end of year celebrations, assessments, reports and final results. Excitement, joy, anticipation, worry, disappointment, stress, and fear of the unknown are some of the emotions that seem to come and go quickly and are experienced unexpectedly at times. This constant change in the emotional state can make it difficult for some children to regulate themselves as they would on a normal day.

As parents, when we see our children riding the waves of these big emotions, we can feel a little helpless and experience our own wide range of emotions! This can seem overwhelming, and some parents tend to suppress and hide their emotions in order to meet their children's needs first. I am not suggesting that we ignore our children's needs, however, social and emotional research shows that children learn emotional-regulation skills most effectively through it being modelled to them! So, how we manage our emotions will affect how our children manage theirs.

Our children need to know that we are with them, supporting them, standing behind them and guiding them. We can model to our children how to identify and process these big emotions by allowing ourselves to feel them too! Most children and teenagers will not respond to just being told "calm down" and "relax", especially if they feel like they do not know how to do that. When we are reflective, deliberate and transparent with the way we manage our own emotions, our children will learn to do the same, simply through our modelling...

Some quick tips to help you model emotional-regulation:

- When you feel a big emotion, identify it (within hearing range of your child) and clearly articulate what you are going to do to manage it. An example would be: *"I'm feeling really stressed today, I think it's time to switch off social media and go for a walk."*
- Practice mindfulness to become more aware of your own emotional space. Identify what triggers your emotions, and develop a self-care plan to help you calm down quickly and effectively.
- Do not deal with a problem while you are still angry or frustrated. Sometimes it is a better option to take some space, breathe, bring yourself down, and then go back to deal with the situation. It can be helpful to clearly articulate this to your child; *"I am quite angry right now. I'm going to take 5 minutes to cool down, and then we will chat."*

Does your child need extra support?

If emotional-regulation is an area that 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](#).

Blessings

Steph Reedman and the Emmaus Wellbeing Team

Community News

Gifted & Talented Children's Association of South Australia - Saturday Club

GTCASA Saturday Club for this term is focussing on 'Sketch your World' for Juniors (5-8yrs) and Jewellery Wire Design and Manufacture for Intermediate and Seniors (8-16yrs).

Sessions commenced on Saturday 23 October. The next session is Saturday 6 November and run fortnightly. To book please visit [Eventbrite](#) where more details are available on the individual sessions and presenters.