Dear Friends and Families

I extend a warm welcome to you all as we enter the 2016 school year. It is my prayer that the holiday period presented an opportunity for some quality family time. My own children (Sebastian who is going into Year 8 and Faith into Year 5) spent the last week of the holidays increasingly wandering around the house without plan or purpose signalling to me their ‘need’ to return to the routine and purpose of school. It is interesting to note that they did not necessarily agree with my interpretation at the time but are now happily back at school too!

I would also like to say a special welcome to new members of staff commencing their service at Emmaus Christian College in 2016:

Ben Raw  Business Manager  
Andrea Grear  Senior/Middle School English Coordinator  
Felicity Leighton  Middle School Home Economics  
Mei Turnip  Reception - Year 9 Indonesian  
Cathy Torjul  Vocational Education Coordinator  
Stephanie Dolman  PE Assistant  
Andrew Beatty  Music Assembly Assistant  
Joanne Rogers  Music/Performing Arts Assistant  
Cathy Torjul  Vocational Education Coordinator  
Stephanie Dolman  PE Assistant  
Andrew Beatty  Music Assembly Assistant  
Joanne Rogers  Music/Performing Arts Assistant  
Mel Hayman  SSO Junior School Classroom Assistant

We also welcome back from leave to Emma Montesi and Rebecca Dal Santo.

The 2015 school year concluded with some very exciting news in relation to our Year 12 results. Below is a ‘snap-shot’ of the Emmaus Year 12 results:

- 99% of students successfully completed their SACE
- 36.24% of all grades were in the A band - compared to 22.24% across the State
- 8 students achieved ‘straight As’ across all subjects
- 26.5% achieved an ATAR over 90 (in the top 10% of the State)
- 11.0% achieved an ATAR over 95 (in the top 5% of the State)
- Seven students achieved Merits (perfect subject scores or 20’s)

These results at Year 12 level are consistent with our 2015 NAPLAN results at Years 3, 5, 7 and 9 for Numeracy and Literacy which saw our Emmaus students perform 8% above State averages. This represents an average advancement of 15 months ahead compared to their same age average State counterparts. Ultimately we give glory to God for the successes of our students and a special thank you to our teachers and families for supporting all our students across the College to achieve such impressive results. As a College we now turn our attention towards the 2016 academic year ahead with faithfulness and optimism.

The College has also seen the completion of a range of building projects over the holidays including the new Science Laboratories, Senior School Locker area, a new Year 12 study area as a part of our Library and a number of refurbished classrooms and staff office areas. The next time you are at the College I encourage you to have a look at our new Laboratories in particular (see photos below).
It is such a blessing for our students to have access to such impressive facilities at Emmaus. Please also visit our Facebook page tomorrow (Thursday) as we plan to have a special feature of our new Laboratory facilities. I look forward to a year where we are only planning on paper our next stage of facility improvements, but will not be enduring any physical building!

Please also be aware that our College Front Office and Student Services window will be closed between 8.15am and 8.30am every Monday morning as all Emmaus staff will be participating together in a time of devotion and prayer. The prayer and devotional life of our College is of utmost importance to staff and we have set aside this small window of time where we can all come together at the same time and place to give Glory to God and pray for our students and College.

My well-wishes and blessings extend to you all at the commencement of the 2016 school year.

Blessings,
Andrew Linke
Principal

Junior School

Welcome to all Junior School families to the start of the 2016 school year. It was great to see the students arrive at school on the first day with smiles on their faces, excited about catching up with their friends and meeting with their teachers.

On Monday we had our first assembly to gather the Junior School together, welcome new students and introduce the new devotional theme for this year. The excitement continued throughout the day as students learnt or revisited classroom routines, organised timetables and began lessons. A highlight for me was my visits to the classrooms to see how everyone was settling in, teachers included!

Two hundred and eighty-five students are currently enrolled in the Junior School with most classes at capacity. The Junior School has a total of eleven classes for 2016. This year all Mathematics lessons will have an extra teacher so that ability grouping can happen.

We are excited to announce that Mei Turnip has joined the Junior School Teaching team this year as the Indonesian Teacher, Reception to Year 9.

Please note some items in your diary: Years 1 - 6 will have have swimming lessons each day in Week 3 (Reception students will have their swimming lessons in Term 2, Week 4). Please remember to name all clothing and swimming gear. Parents are welcome to come to the Marion Outdoor Pool to watch their child’s swimming lessons.

The Parent Information Evenings will be held on Monday 8th February (Week 2) for Rec - Yr 2 parents and Wednesday 10th February for Yr 3 - Yr 6 parents. You will have received further details about these events on Monday.

I enjoyed meeting parents (new and old) at the morning tea on Monday and in the yard at the beginning of the day and look forward to meeting many more of you at the Parent Information Evenings and in the mornings in the classrooms. Mornings are a good time to catch up, either in person or by phone, if you have something you would like to talk about in relation to your child and what is happening in the school, an appointment can be made with Jane Fedrick-Vink, Personal Assistant to Heads of Schools.

Annette Craven
Head of Junior School

Middle School

Welcome back to a fresh new school year.

Staff have been preparing for the return of all students and have welcomed them back on the first day. Our Middle School staff team are here to support and assist you as we partner with you in your child’s education. If you have any concerns, questions or queries I would encourage you to make contact with your child’s home group teacher as soon as you are able to. They will be able to answer and support your family with any matters including the transition process into a new year level or if you are joining the College community for the first time.

This year we have created two pastoral care roles for the Middle School. Mrs Helen Rance is leading Pastoral care of our girls and Mr Lothar Dunaiski the wellbeing of our boys. They are both available and willing to support families as well, in their positions, whenever possible.

We look forward to catching up with many of you at the sausage sizzle and Staff Dedication and at our Middle School Information Night.

Andrew Edmondson
Head of Middle School

College News

College Scholarships

Each year the College invites applications from students for College Scholarships. Applications for 2017 Scholarships will be closing on Friday. Full details are available on the College website.

Congratulations

Congratulations to Jarryd Tiu (Yr 8) on receiving a High Distinction in his Preliminary AMEB exam. Well done Jarryd.
Welcome to what promises to be a wonderful school year, as we see our students grow and develop into the people God has created them to be! Welcome to Senior School, especially, to our Year 10 students, students new to the College and those parents who have children in Senior School for the first time.

As a Senior School we congratulate our Year 12 graduating class of 2015. As a school, we have attained some excellent results again. There were some outstanding achievements amongst the group. The highest unadjusted ATAR was achieved by Daniel Ng (98.75), with 7 others achieving ATARs above 95. Others who should also be particularly commended are those others who received Merits: Ben Abanat (Art), Mary Chen & Mikayla Hussey (Research Project), Daniel Ng (Biology), Ben Peters (Food & Hospitality), Chelsea Potter (Child Studies) and Holly Winter (English). We have been pleased with, and congratulate, the 2015 cohort of students on their results.

As you should be aware, the competitive House system is an integral part of the function of Senior School, with all students being in House-based vertical home groups. Our House Coordinators are: Mr Josh Brenkley (Emerald), Mrs Belinda Willcocks (Topaz) and Ms Esther Amoy (Ruby). They should be the people you contact, in the first instance, regarding minor issues which may arise regarding student welfare. We also look forward to working with the new student House Leaders in leading and continuing to build a strong school ethos throughout 2016. Special congratulations to our new College Captains: Ethan Wildman (Ruby), Connor Beaty (Topaz) and Chloe Hall (Emerald).

Just a reminder that Senior School Students are expected to wear full formal uniform to school each day and the blazer is a required part of this uniform. The blazer should be worn as the outer garment to school. This means that, if any day is cool enough to require more warmth than 'shirt sleeves', the Blazer should be what we see. Students may wear the blazer only or a jumper and blazer. Students taking PE as a subject will need to change into PE uniform at the start of the lesson and are still required to wear full uniform to school, even if PE is their first lesson.

I would like to alert you to some upcoming events on our Senior School calendar this Term:

- 9th February: Parent Information Night for parents new to the Senior School
- 23rd February: Year 12 Parent Information Night
- 4th March: Secondary Athletics Carnival (compulsory for all students)

At these nights you will have the opportunity to meet teachers and other parents of students in the year level, as well as gaining useful information. These nights are for parents only (not students) and give the opportunity to discuss common, as well as individual, concerns.

We look forward to a great new year in partnership with you!

Irma Rodda
Head of Senior School

Student/Family Support Worker

I would like to say a warm welcome to the many new families and students who are starting at Emmaus this week and of course welcome back to our existing families and students.

As we begin a new year I always like to remind families to encourage their students to begin the year well. Some tips which may be useful for parents include:-

- Parents introduce yourself to your child’s teacher early in the school year, and let them know any concerns you may have, or to offer support.
- Know your child’s friends – plan a play date or after school catch up at your house and get to know the young people that your child feels are important in their lives.
- Eat dinner together as a family as much as you can. I know families can get really busy but it is a great time to actually sit, share about your day and offer some insights into things that happened in your own childhood.
- Make a place for things at home and start some routines early in the year. Make sure your kids know where school bags go and what they are expected to do when they get home from school – like empty their lunch boxes etc! This helps to reduce stress later in the year.
- Create a space and a structured time for homework – children need routines to feel safe and this then helps them to manage their own time well.
- Ask your children questions and really listen to their answers!
- Help your child become involved in one extra-curriculum activity – sport, craft, community groups – whatever it is, it helps build social skills and confidence outside of school to get involved in something.
- Meet with other parents – even if it is just at drop off time, it makes sense to get to know other families and you also find out a lot of information this way that your children forget to tell you!

I am excited to be back at school again, if you need to contact either Ben Squire or myself for extra support, resources or referral services for your children please feel free to contact us at the College.

Sue Chapman
Student/Family Support Worker
Careers Corner

Hello and welcome to 2016.
Firstly I would like to introduce myself. I am Cathy Torjul and have taken over the VET Coordinator role from Cathie Meaney.
I am very excited to step into this role as my background has been working in careers and employment services for over 18 years. I love working with high school students and my passion is to assist young people in discovering their career pathway.
‘Careers Corner’ will become a regular feature in the newsletter and is aimed to keep you updated of Careers and Vocational Education information throughout the year.

Another part of my role is to co-ordinate Emmaus’ Trade Training Centre. Emmaus offers a Certificate II Electronics (Electrotechnology) VET course to Year 11 and 12 students as part of their SACE. This course is due to commence on Friday 19th February. If you or your child is interested in this course, please contact me ASAP for further information and enrolment details. This course is great for people interested in working in electronics, refrigeration, data and security and electrical industry.

If you have any queries throughout the year please email me at ctorjul@emmauscc.sa.edu.au
I look forward to an exciting year, getting to know your child and assisting those students studying a VET course.

Cathy Torjul
VET Coordinator

From the Library

It is great to be back and ready to support learning and reading at Emmaus.
Lessons for Junior school students, with borrowing time, will commence in Week 2 of school. Reception to Year 2 students will need to have a Library bag to transport their library books from school to home, and back again. This can be purchased from the Uniform Shop if a replacement is required. Make sure the bag is labelled clearly. Preferably the bag needs to be water protective, rather than just a cloth bag. By the time students reach Year 3 and beyond, we expect them to take care of the school resources and be conscious of storing school books away from leaking drink bottles and food. We do ask for payment if a book is damaged beyond repair. (Water damage almost always causes this request.)

Online Catalogue (OPAC)
A new library system with online catalogue was introduced in Term 4 2014. To access this catalogue students can log in from any device at home or school at http://accessit.emmauscc.sa.edu.au/#/dashboard
Students will receive instruction to help them use the catalogue.

Parent Library
Parents may borrow books from our library too. We have a Parent Library with parenting focused books, and parents may also borrow from the general shelves. The Library staff will be able to help with your requests.

After School Access in the Library
The Library is available for after-school study for Middle School and Senior school students until 4.30pm on Monday, Wednesday – Friday. Junior school students are also welcome in the company of a parent or guardian.

Public Library membership
We encourage all families to make use of their local libraries as well as our school library. (Just remember to return our books to our library.) This will be especially helpful for students who have particular reading needs or preferences. Our Library has a large and growing collection of resources and books, but the Public Library system offers a vast array of books.

Carolyn Hull, Alicia Buxton and Janet Maschmedt

First Aid

Back to school asthma warning from Asthma Foundation SA - 2016
Among pre-school and primary school age children, rates of hospital visits for asthma are highest in February. The increase in hospital and emergency visits during this time of year can be attributed to an increase in exposure to any one of a number of asthma triggers in the school environment, along with increased exposure to respiratory viruses when coming into contact with large groups and stress and anxiety for children returning to or starting a new school. Another factor may include possible changes to asthma management regimes which may have relaxed over the summer holidays. It is therefore important for schools, teachers and parents/carers to be prepared and ensure that effective asthma management is in place. Asthma Care Plans should be reviewed with your doctor every 12 months and whenever there is a change in your child’s health and a blue reliever puffer and spacer should be supplied to the school.

Information Session for Parents
Asthma Foundation SA offers FREE information sessions on Asthma, Eczema, and Allergy and Anaphylaxis. These sessions are conducted at Asthma Foundation SA, 300 South Road, Hilton, SA, 5033. For more information about asthma or for dates and times of sessions go to http://www.asthmaaustralia.org.au/ or FREE CALL 1800 ASTHMA (1800 278 462).

Ros Argent and Maria McIver
First Aid Officers
Uniform Shop

2015 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

Canteen Roster

<table>
<thead>
<tr>
<th>Week 1 T1</th>
<th>Week 2 T1</th>
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<tbody>
<tr>
<td>Mon 8th</td>
<td>Erica Kwok</td>
</tr>
<tr>
<td>Tue 9th</td>
<td>No help needed</td>
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<tr>
<td>Wed 10th</td>
<td>Alisa Wenzel</td>
</tr>
<tr>
<td>Thu 11th</td>
<td>HELP NEEDED</td>
</tr>
<tr>
<td>Fri 12th</td>
<td>Gina Smith</td>
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<tr>
<th>Week 3 T1</th>
<th>Week 4 T1</th>
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<tr>
<td>Mon 15th</td>
<td>Maria Gutteridge</td>
</tr>
<tr>
<td>Tue 16th</td>
<td>Rose Allen</td>
</tr>
<tr>
<td>Wed 17th</td>
<td>Bridie Tonkin</td>
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<tr>
<td>Thu 18th</td>
<td>Karen Baker</td>
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<tr>
<td>Fri 19th</td>
<td>Tam Battersby</td>
</tr>
<tr>
<td>Mon 22nd</td>
<td>Maria Tedesco</td>
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<tr>
<td>Tue 23rd</td>
<td>No help needed</td>
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<tr>
<td>Wed 24th</td>
<td>Julia Barry</td>
</tr>
<tr>
<td>Thu 25th</td>
<td>Sharon Smith</td>
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<tr>
<td>Fri 26th</td>
<td>Helen Talbot</td>
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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 make sure you wear enclosed shoes and 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.

Christine Blom-Cursaro and Janine Richards
We need your help!

_Are you_ a parent, grandparent, old scholar or community member?

_Do you have_ **40 minutes a week** _to spend with one student?_

_Did you know you can help a child to:_

- Develop greater self-esteem and confidence
- Learn more about themselves and others
- Reinforce to them that they are special?

**If your answer is YES...**

Please come to the LAP afternoon tea on Thursday 11th February at 1.30pm or contact Carolyn Adams (LAP Coordinator) on 8292 3849

The children in this program may:

- **Be aged between 5 and 12 years**
- **Need help and encouragement with class work**
- **Have an interest or talent to be developed**
- **Be experiencing difficulties with learning**
- **Need someone to listen and show they care**
CANTEEN PRICE LIST
Updated 1/12/15
*Indicates items free of certain additives (see over page for list)
GF indicate Gluten Free Products

SUSHI - WEDNESDAY ONLY - ALL
Smoked Salmon GF / Teriyaki Chicken / Cooked Tuna GF / Vegetarian GF / California Rolls GF
Soy Sauce .10

HOT FOOD
Tomato sauce* 0.20
Vegetarian spring roll* 1.00
Pizza: Ham & Pineapple / Cheese & Bacon 2.00
Potato wedges 2.00
Hot dog NO sauce 2.80
Hot dog WITH sauce 3.00
Light sausage roll 3.20
Spinach and cheese roll 3.20
Light pie or pasty 3.20
Light potato pie 3.20
Light pizza pie 3.20
Sausage Roll Gluten Free 4.20
Nachos Mild * Gluten Free ORDERS ONLY 5.00

BAGUETTES - white or wholemeal
Meatballs, tomato sauce, lettuce, grated cheese* 3.20
Chicken, carrot, lettuce, mayo* 3.20
Chilli chicken strip, carrot, lettuce, mayo 3.20
Chilli chicken strip, carrot, lettuce, mayo* 3.20
Chicken and salad * 4.00
*Salad=lettuce, cucumber, tomato, grated carrot, mayo

SANDWICHES - Wholemeal only (ORDERS ONLY)
Buttered 1.20
Vegemite 1.50
Light Cheese* 2.50
Salad: Lettuce, carrot, tomato, cucumber, grated carrot & mayo 3.20
Meat: Chicken* or Ham 3.20
Light Cheese and salad* 3.80
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* Gluten Free 4.00
Chicken & salad* Gluten Free 4.00
*Salad=lettuce, cucumber, tomato, grated carrot, mayo

HOT FOOD - TERM 2 & 3 ONLY - ORDERS ONLY
Spaghetti Bolognaise with fork 4.20
Vegetarian Lasagna 4.20

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
3 Jatz with light cheese* 0.50
Go cookie* 0.80
Grainwaves 1.00
Chips: plain*, honey soy, veg chips GF 1.00
Fruit in season* 1.20
Light choc muffin 1.50
Gingerbread kids 1.50
Strawberry Fruche with spoon* GF 1.80
Banana Bread* 2.00

ICE BLOCKS
Fruit tubes 0.50
Juicies* 0.80
Moo - Strawberry/Chocolate* 0.80
Lifesaver Icy Pole* 1.00
Lemonade Icy Pole* 1.00
Froisty Fruit* 1.00
Frozen yoghurt - strawberry 2.00
*PRIMARY STUDENTS: Please do not order ice blocks, they can be purchased direct from the canteen at lunch time.

DRINKS
500ml Thank You Water* 1.50
250ml Just Juice* 1.20
250ml Up & Go (Chocolate* / Strawberry* / Vanilla*) 1.60
250ml Big M Strawberry* / Chocolate* 1.60
350ml Golden Circle: Apple / Orange 2.00
Apple Blackcurrant*
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 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.

Students Late For School
Junior and Secondary
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

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

Thank you for your cooperation.

Christine Blom/Janine Richards
Canteen
Michael Grose, Australia’s leading parenting educator, is conducting practical online courses that will help build your parenting skills and knowledge in four vital areas:

**Term 1 - Cracking the Confidence Code**
A must-do course for parents where low risk-taking and fear of failure is a constant companion for their kids. This course will put the skills and know-how at your fingertips to develop a real sense of confidence, competence and mastery in your kids.

**Term 2 - Raising Well-behaved Kids**
Learn communication techniques that will increase your children’s cooperation levels and decrease your stress levels. Know how to manage your kids visually, what to do when they ignore you and how to get more cooperation, without telling your kids what to do.

**Term 3 - Mood Meter for Parents**
Want to help your children be the best they can be? Then you need to build their emotional intelligence. Michael draws on research from the team at the Yale Center for Emotional Intelligence to help you give your kids the tools they need to recognise, manage and regulate their emotions.

**Term 4 - Raising Mighty Boys**
Don’t be fooled by the title, even parents of girls need to know how boys tick. Unlock the secrets of raising boys of any age so that they become more confident, achieve more at school, talk about what’s on their minds, better manage anger and other strong emotions, and make the most of their natural strengths.

4 COURSES + YEARLY CLUB MEMBERSHIP $147
(Save $50 with discount code SCHOOLCLUB)

- Mixture of downloadable videos, PDF workbook and activities
- Weekly Facebook group-based discussions with Michael Grose
- Download resources and complete the course in your own time or during designated dates with the online group
- Course comes with a full money-back guarantee if it doesn’t meet your expectations
- Participation certificate for each course

**Join Today at parentingideasclub.com.au**

Receive these great **BONUSES** if you join now:

- Monthly Q & A sessions with Michael Grose
- Yearly access to parentingideasclub.com.au resource centre
- Developmental Maps to better understand your child’s growth stages
- On your child’s birthday receive our Developmental Parenting Guide to help navigate for the year ahead