

Next College Newsletter: Wed 2nd March 2016
 Please email your articles to: newsletter@emmauscc.sa.edu.au

Important Dates

February

Mon 15th - Fri 19th

Yr 1 - 6 Swimming Week

Thu 18th

P&F Meeting @ 7.00pm in
Staffroom

Tue 23rd

Board Meeting @ 4.30pm

Yr 12 Parent Information Evening

@ 7.00pm in EPAC

Wed 24th

Reception Students Day Off

Fri 26th - Tue 1st March

College Captains @ Compass
Conference in Canberra

Mon 29th

SACSA Yr 8/9 Basketball @
Morphett Vale

March

Tue 1st

SACSA Open Boys Basketball @
Morphett Vale

Wed 2nd

Reception Students Day Off

SACSA Open Girls Basketball @

Morphett Vale

Fri 4th

MS/SS Athletics Carnival @ Bowker
Street Oval

Wed 9th

College Photo Day Junior School

From the Principal

Dear Friends and Families

On Friday 12th February it was my pleasure to attend the annual Reconciliation SA Apology Breakfast at the Adelaide Convention Centre along with two other staff and 13 Yr 12 Aboriginal Studies Students. The event was supported by approximately 1500 people in total from all walks of life uniting to both acknowledge the tragic events of the past and collectively work together in the pursuit of one nation and one people. The internationally acclaimed singer/songwriter Archie Roach performed and spoke at the event. Paraphrasing his central message:

"It is not about blame, it is about feeling bad that something bad happened to someone. Like when you see someone in the street fall over and get hurt. Even if you had nothing to do with the incident you still feel sorry for them. It is not about blame, it is uniting as a nation around those who are hurt so we can all move on together as a nation."

Archie was himself forcibly removed from his parents when he was 3 years of age (as were his siblings) and shared that he subsequently never again saw his mother and father. He shared how he feels a connection to his parents through the stories of his people even though he never knew them. He performed multiple songs which conveyed both his own and others experiences in relation to the human impact of this Government policy. In his song 'They took the children away' he speaks of resilient people, who despite the suffering, hurt, and trials are now returning. The 'Dusty Feet' indigenous dance group performed while Archie sang (excerpts below); there were many tears flowing in the audience:

*Taught us to read, to write and pray
 Then they took the children away,
 Snatched from their mother's breast
 Said this is for the best
 Took them away*

*One sweet day all the children came back
 Back where their hearts grow strong
 Back where they all belong
 Back where they understand
 Back to their mother's land
 The children come back*

Christ came to reconcile all of humanity. The above resonates to me as a chapter in this wider narrative.

At the conclusion of the event the Emmaus team were privileged to meet (and pose for the below photos) with Archie and Andrew McLeod (340 game AFC veteran and dual Norm Smith medal recipient) who was also in attendance (go CROWS!).



Blessings,

Andrew Linke
Principal

Weekly Prayer Meeting
 Thursday Morning
 8.30am - 9.00am

2016 Term Dates

Term 1

Mon 1 Feb - Fri 15 Apr

Term 2

Tue 3 May - Fri 8 Jul

Term 3

Tue 26 Jul - Fri 30 Sep

Term 4

Mon 17 Oct - Fri 9 Dec

(Term dates subject to change)

Junior School

Swimming Week

What a delight it was to see our students enjoying their swimming lessons at the Marion Outdoor Pool this week. We have been very blessed with beautiful weather. Thank you to the parents who have been supporting the Year 1/2 teachers in the classroom with the dressing of the students when they arrive back from the pool. Reception students will be having their swimming week in Week 4, Term 2.

Parent Information Evenings

We had two well attended Parent Information Evenings last week. Thank you parents for your enthusiastic support and being so willing to begin the process of working together in partnership to create a safe, creative and enthusiastic learning environment that values and respects all children.

Parent Class Representatives

Most of you by now will be aware of the Parent Class Representative System in the College. Many significant events occur throughout the College during the year. The aim of this initiative is to share the load, allow people to become involved and to create community. Thank you to those parents who have accepted the responsibility of being one of our Parent Class Representative for 2016. Please let your Class Representative know if you would like to assist them. Mrs Peta O'Loughlin is the Parent Class Representative Coordinator for 2016.

Junior School Student Leaders

This week students are nominating and voting for class Student Representative Councillors (SRC). The appointment of House captains will also be happening. These positions offer Junior School students opportunities for responsibility, service and privilege. The Junior School Leaders' Induction Ceremony will be held on Monday 22nd February during Assembly.

Primary School Theme for Term 1 2016

Walk the Emmaus road with – our Great God, the 'I am'. Week 3 Bible Verse – *All of us have sinned and fallen short of God's glory. But God treats us much better than we deserve, and because of Christ Jesus, he freely accepts us and sets us free from our sins.*
Romans 3:23-24

Annette Craven
Head of Junior School

Parents & Friends

The Staff Dedication and Welcome BBQ was a great way to start the year, meeting up with parents, teachers and students. Thank you to those who were able to attend and a special thank you to Penny Young and her team for providing the BBQ and for cleaning up afterwards ensuring that the College was 'back to normal'.

An invitation is extended to all parents of the College, to attend the first P & F meeting for 2016 scheduled on Thursday 18th February at 7.00pm in the College staffroom.

Please join us as we discuss ways of building our College community, lead by Annette Craven, as we unpack with her the new role of Community Coordinator and how we as parents can support the College, staff and students. New and/or guest attendees are always welcome. Pizza will be available, please feel free to make it your dinner. A time to celebrate the coming year!

Entry to the staffroom is via the external staircase adjacent to the Junior playground equipment.

Helen Grear
P & F President

Music

Junior School Musical



2016 has much in store for our Junior school.....and I would like to officially announce that we will be performing 'Seussical Jr' in Term 2 Week 8. The Advertiser newspaper obviously agrees with our choice, supporting us with their amazing Dr Seuss promotion. Read and absorb the fun with your family and watch this space for further Seuss-tastic information!

Instrumental Program 2016

Exciting news.... Our Junior school instrumental program is beginning this year in Semester 2. This brand new program will be an amazing opportunity for our Year 5/6 students. A range of woodwind instruments including saxophone, flute, clarinet, trumpet and trombone will be available to our students.

The next stage of our Junior school instrumental program will be a string program so stay tuned.

Nikki Meinel
Junior School Worship Band/Choir

From the Registrar

2018 Interviews

We will be soon conducting our interview process for 2018. As valued families of the College community please ensure that you have submitted your child's Sibling Enrolment Application for 2018. Sibling Application Forms can be downloaded from our website or please contact me on 8292 3834 from 8.30am to 1.30pm Monday to Friday should you require a hard copy or have any queries.

Barb Greenslade
College Registrar

Student/Family Support Worker

Well school is back in full swing and some of the initial nervousness of students, parents and teachers has worn off! But what if your child still seems to be battling some anxious moments about school, what then? Is anxiety normal and how can one child in the family have it and not others?

According to the Australian parenting website, Raisingchildren.net.au: *"Anxiety in children is a normal part of childhood development. But it is estimated that 8-22% of children experience anxiety more intensely and more often than other children, stopping them from getting the most out of life."*

So what can parents do to support anxious children? Here are some helpful suggestions from the same website.

Ways to support your child

If your child shows signs of anxiety, you can support him/her in several ways:

- Acknowledge your child's fear – do not dismiss or ignore it.
- Gently encourage your child to do things he/she is anxious about, but do not push him/her to face situations he/she does not want to face.
- Wait until your child actually gets anxious before you step in to help.
- Praise your child for doing something he/she is anxious about, rather than criticising him/her for being afraid.
- Avoid labelling your child as 'shy' or 'anxious'.

Kirrilee Smout from Developing Minds also has some very helpful advice for parents, *"the more children avoid things they find scary, the more scared they become."* She suggests that when we are feeling afraid and we get away with or avoid the thing that triggers our fear – we have a huge sense of relief. The relief is very reinforcing and pleasurable. She suggests that children will look to find that feeling as much as they can, which means avoidance itself starts to feel good. She says that *"to stop this cycle of increasing fear, we need to identify the brave behaviour we want our children to do and to coach, encourage, reward and enforce this brave behaviour."*

Please go to <http://developingminds.net.au/blog/2015/10/14/worried-kids> to read Kirrilee's article in full.

Sue Chapman
Student/Family Support Worker

Careers Corner

VET courses are a fantastic way to start your child on their career pathway whilst they are still at school.

With youth unemployment currently at 15.2% (*December 2015 source: www.skills.sa.gov.au/workforce-information/labour-market), I would like to take a moment to recognise and celebrate some of last year's VET student's success stories.

All of these students committed themselves to their studies and work experience and were rewarded with employment and/or acceptance into further education with Tafe and other Registered Training Organisations:

- James T – Electrical apprenticeship with PEER
- Josiah E – Carpentry apprenticeship with a building company
- Tom M – Carpentry apprenticeship within the construction industry
- Natasha B – Hairdressing apprenticeship
- Alice S – Certificate III Event Management
- Lachlan S – Certificate III Community Services (and working part time)
- Jeremy W – Certificate III Live Production & Services

Well done to these past Emmaus students!

If you have any queries regarding VET courses, feel free to email me on ctorjul@emmauscc.sa.edu.au

Cathy Torjul
VET Coordinator

From the Library

Earn & Learn

Last year our school participated in the Woolworths Earn & Learn promotion in conjunction with P&F support. The collection of resources we ordered has now arrived. We will be adding the books and World Political globe to the Library collection, and the games to our well-used Lunchtime activities collection. Thank you to all parents and staff who participated by sharing their shopper dockets!

Promoting Reading with the Premier's Reading Challenge (PRC) and in your home

The Library staff are again promoting the Premier's Reading Challenge this year. Our aim is to have 100% completion with all Junior School students. Year 7-12 students are also welcome to be involved, and are encouraged to participate.

Students in Reception to Year 2 will have the books read to them. Year 3 and above are expected to find their appropriate reading material for themselves. Parents of Year 3-6 students can help by asking how their children are progressing. It is also acceptable for parents to co-read portions of a book and to help their children with the reading, but books must be completed before the Library staff will sign off on the PRC recording sheet. Library lessons for Year 3-6 will also include some



accountability and writing activities related to what they are reading and to grow their literacy skills. Students with extra reading challenges can have the requirements modified to suit them. These students will usually speak to their Library teacher about the PRC.

The Premier's Reading Challenge website can be consulted to check whether books that are read are categorised as a 'Reading Challenge Book' and whether it is appropriate for your child's age. Please go to <http://www.premiersreadingchallenge.sa.edu.au/> and then click on Booklists to search for a book.

Did you know that one of the biggest indicators of reading success and future academic achievement is having parents who are actively involved in the literacy growth of their children? Reading to your child, even into the older years of Junior School, and at every age discussing what they are reading by asking relevant questions will help all readers grow in their comprehension and set them up for life. Everyone is showered with text every day, it helps if it makes sense! And reading for pleasure is a lifelong enjoyment.

Carolyn Hull, Alicia Buxton and Janet Maschmedt

First Aid

Expired Medication Plans and Health Care Plans, 2016

According to our school policy Health Care Plans (Medication Plans, Asthma Record Cards and other Care Plans) must be updated every 12 months or whenever there is a change in the care needs of the student. If your son/daughter has a plan in place which is over 12 months old, can you please review this with your doctor as soon as possible. It is essential that parents ensure the school has a current plan in place. Without a current plan we are unable to administer medication. Forms can be collected from the Front Office or downloaded from the College website.

If you have any questions or need to check the date on your child's health care plan, please contact First Aid.

Ros Argent and Maria McIver
First Aid Officers

Canteen Roster

Week 3 T1

Thu 18 th	Karen Baker
Fri 19 th	Janet Evans

Week 5 T1

Mon 29 th	HELP NEEDED
Tue 1 st March	No help needed
Wed 2 nd	Katherine Papazoglou
Thu 3 rd	Catherine Chua
Fri 4 th	Helen Gear

Week 4 T1

Mon 22 nd	Maria Tedesco
Tue 23 rd	No help needed
Wed 24 th	Julia Barry
Thu 25 th	Sharon Smith
Fri 26 th	Helen Talbot

Week 6 T1

Mon 7 th	Jessica Lee
Tue 8 th	No help needed
Wed 9 th	Janet Evans
Thu 10 th	Melinda Brindley
Fri 11 th	Vicki Hollyoak

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

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

Community News

Positive Parenting Courses

The Effective Living Centre has run Positive Parenting Courses for a number of years, supported by the Unley City Council. Upcoming courses are as follows:

Wednesday 2nd March 'Talk so Kids will Listen and Listen so Kids will Talk' presented by Donna Broadhurst.
Wednesday 16th March 'Understanding your Child's Temperament' presented by Donna Broadhurst.
Wednesday 30th March 'Managing Anger in Children' presented by Donna Broadhurst.
Wednesday 6th April 'Talk so Teens will Listen and Listen so Teens will Talk' presented by Vina Hotich.

All courses are held at The Effective Living Centre, 26 King William Road, Wayville. They run from 7.30pm to 9.30pm and are designed for parents/carers to attend. Cost \$15.00 Adult, \$12.00 Concession, \$10.00 ELC Friend, \$24.00 Couple.

Please go to www.effectiveliving.org for further information on the full year's program and how to book.

SA Dental Service - 'Keep your Kids Smiling'

Have you received a letter from Medicare about the Child Dental Benefits Schedule? The School Dental Service is a Child Dental Schedule provider. Dental care is FREE for all babies, preschoolers and most children under 18 at the School Dental Service. To make an appointment, please call Marion GP Plus Dental Clinic on 7425 8400.

Does your Child have a Sleep Problem?

The Child & Adolescent Sleep Clinic in the School of Psychology at Flinders University is currently welcoming referrals for adolescents and young adults aged between 13 to 25 years. For more information please email casc.enquiries@flinders.edu.au or call 8201 7587.

Aussie Rules Football

Edwardstown Football Club Inc invites registrations from children born in 2000 through to 2010 for the 2016 season. No experience is required. There will be qualified Coaches, the fees are low and they are family focused. They are located at East Terrace, South Plympton. For further information please contact Ben (EFC Junior Football Director) by email at edwardstownfcjuniors@gmail.com or telephone 0452 171 729.

Two FREE Parenting SA seminars



Presented by Dr Justin Coulson

- *Nationally recognised parenting speaker*
- *Newspaper columnist*
- *TV commentator, author and researcher*

Tuesday 5 April

When: 7.00 - 9.00pm

Where: City Rooms
Adelaide Convention Centre
North Terrace, Adelaide

Toddlers and touch screens: What should I do?

- the pros and cons of the digital age for children 0-5 years
- how and when to introduce phones, tablets, apps, e-games
- how to manage electronic media use

Wednesday 6 April

When: 7.00 - 9.00pm

Where: City Rooms
Adelaide Convention Centre
North Terrace, Adelaide

Children, teens and pornography: What every parent should know

- the alarming statistics
- are we becoming desensitised?
- the impact on boys and girls
- how parents can guide children and teens

Register to attend in person or view the live webcasts at:
<http://parentingsa.eventbrite.com.au>

Phone: 8303 1660

Email: health.parentingsa@sa.gov.au

Find out more about Dr Justin Coulson at www.happyfamilies.com.au

For parenting information go to www.parenting.sa.gov.au or www.cyh.com.

For the benefit of all participants unfortunately we are unable to admit babies and children.