From the Principal

Matthew 25:21 “His master replied, ‘Well done, good and faithful servant! You have been faithful with a few things; I will put you in charge of many things. Come and share your master’s happiness!’”

Dear Parents and Friends

At the beginning of this Term I shared with the Emmaus staff that two long term and much loved members of our College community have announced their retirement plans. Reg Wilson and Esme Leibbrandt collectively represent almost 50 years of exemplary dedication and faithful service to what was Bethesda Christian College, Tabor Christian College and now Emmaus Christian College. Throughout all the changes the College has undertaken during this time, Reg and Esme have remained steadfast and unwavering to the founding principles which underpin our College. In 1979, Pastor Roger Rice, a key leader in the establishment of the College, shared 1 Timothy 1:5 as a significant verse in the establishment of the College “The goal of this command is love, which comes from a pure heart and a good conscience and a sincere faith.” Throughout their years of service to the College no words better represent Reg and Esme’s ministry here: love; pure heart; good conscience; and a sincere faith.

As I reflect on the many acts of service both Reg and Esme have extended towards the College over the years, I’m reminded of the promise given to us in Matthew 25:21 “His master replied, ‘Well done, good and faithful servant! You have been faithful with a few things; I will put you in charge of many things. Come and share your master’s happiness!’” It is my prayer that as Reg and Esme enter the next exciting season God has planned for them, they continue to be guided by Christ’s love and “share in their master’s happiness”.

Following a difficult year of medical challenges during 2014, Esme decided to retire from Emmaus at the end of last term following 21 years of service. She shared with me that she feels God has placed some exciting new ministry opportunities in her future that will require her full attention to be forward focused. As an educator, Esme embraced continuous improvement and leadership opportunities which magnified her impact on students. Her enthusiasm and love for the children in her classes was clearly evident to all. Last month I was interviewing parents with a child enrolled to commence in Reception who were old scholars from Bethesda days. They spoke with great fondness of Esme and recalled her personal generosity and love for the students, this being the reason they are seeking Emmaus as the school for their own children. In effect, Esme’s influence is now entering the second generation at the College!

In what I have come to understand as typical for Reg, he is putting the needs of the College first with respect to the timing of his retirement. Taking into consideration the financial cycles of the College and the time required to secure a suitable successor (and overlap period), the end of January 2016 has been chosen as the optimal time. From this time, he will take his considerable accrued leave entitlements. This will see Reg enter his 26th year of service for the College, a remarkable contribution!

All who have worked or associated with Reg would know his commitment and passion for the College. During his early years of service, the College’s financial situation was somewhat precarious requiring much prayer and all of Reg’s hard work and financial skills to navigate. The College exists today as a direct result of this faithfulness and commitment. We are all thankful to Reg and the management of the College from those early days for their vision, faith, prayer and hard work! It is interesting to contrast the difference in the College now compared to those early days. During these years, Reg has remained constant, faithfully underpinning the growth of the College. He has now served with three College Principal’s, under three College names, and well into his third decade of service.
Those who have worked most closely with Reg describe him as a humble, gentle and kind man with strong Christian principles who works countless hours seeking no personal recognition or acknowledgement. Reg is a true Kingdom builder, not just responsible for much of the infrastructure we all enjoy here (coordinated all building projects), but embodies the Christian culture Emmaus is so well known for throughout our community. Further opportunities to acknowledge Reg’s significant contributions to the College will be presented later in the year.

I ask that as a community we uphold both Esme and Reg in our prayers as they enter new seasons.

Blessings,

Andrew Linke  
Principal

---

**Junior School**

**Mother’s Day Stall**

We had an excellent result from our Mother’s Day stall, raising $1076.25 for our Sponsor Children and shade for the sandpit. Thank you to the great team of Junior Primary parents who spent many hours sorting, pricing and wrapping the gifts. The quality and quantity of gifts was outstanding. Thank you parents! A special note of appreciation for the Junior Primary Parent Representatives for their huge effort with the organisation of this significant event in the Junior School calendar.

**SACSA Athletics Carnival**

On Friday 1st May our students competed in Division 1 in the South Australian Christian Schools Association (SACSA) Interschool Sports Carnival at SANTOS stadium. We had some excellent individual successes on the day. More than 70 students from Year 3 to 7 represented our College. It was a great day of competition and participation enjoyed by all – well done! Thank you to Debbie Beaty, Chad Carson, Heather Edwards and Robyn Butler for their fantastic effort with the organisation and training of the students. The wonderful parent helpers were also very much appreciated.

**Red Cross CPR Training**

The Students from Year 3 to 6 participated in CPR and Basic First Aid Training with a Trainer from the Red Cross Society last Thursday. The outcome from this training is that students will now feel confident that they know how to react in the event of an emergency. They should have a sound understanding on how to call an ambulance and the Basic Emergency Life Support Flow Chart. Students enthusiastically practised on the CPR dolls and also learnt how to use a defibrillator.

**Camp Quality Education Program**

The Camp Quality puppets made a visit to the Junior School assembly on Monday. Their Education Program is about helping children and teachers learn how to create a supportive school community for children affected by cancer, whether they are living with cancer themselves or have a family member living with cancer. The program focussed on cancer education, friendship and tolerance through the medium of puppets with lots of laughter, fun and noise.

**Junior School Theme for 2015:**

“God lights our world and our way. God gives Guidance!” Week 3 Bible Verse – “Trust in the LORD with all your heart and lean not on your own understanding; in all your ways acknowledge Him, and He will make your paths straight.” Proverbs 3:5-6

Annette Craven  
Head of Junior School

---

**Parents & Friends**

**Drakes Supermarket Community Dollars Programme**

This Term, Parents and Friends will be launching the Drakes Supermarket Community Dollar Programme. We are not encouraging families to alter their shopping preference but if you already shop at a Drakes Supermarket, we invite you to join in. Information for this was delayed but will now be distributed via the youngest member of your family this week. Please look out for it in your child’s bag.

**Next Parents and Friends Meeting**

The next meeting for Parents and Friends is Thursday 28th May at 7.00pm in the staff room. New or ‘guest’ attendees are always welcome. Due to building work please access via the front of school.

Future dates for P & F meetings are - Thursday 25th June, Thursday 17th September and Thursday 19th November.

The AGM will be held on Thursday 20th August.

Please add these dates to your diary.

Helen Grear  
P & F President
First Aid

FOOD ALLERGY WEEK – 17th to 23rd May, 2015

ANAPHYLAXIS AND FOOD ALLERGY AWARENESS

Food Allergy Week organised by Allergy & Anaphylaxis Australia will be held from 17th - 23rd May 2015.

Food Allergy Week is an important initiative that aims to increase awareness of food allergy in the community in an effort to promote understanding and help protect those at risk, whilst allowing them to have a good quality of life.

Australia has one of the highest reported incidences of food allergies in the world, and the numbers are growing at an alarming rate. Statistics show that one in 10 babies born in Australia today will develop a food allergy.

An allergic reaction can quickly become life threatening and people can die from a food allergy. While the risk cannot be removed, it can be managed.

It’s up to all of us to be allergy aware – to know how to minimise the risk of a reaction, to know what to do if a reaction happens, and to understand and support family, friends and colleagues living with food allergies.

Please take the time to read the attached information, ‘What is Anaphylaxis?’ and ‘Food Allergy Basics’.

Key messages promoted by Allergy and Anaphylaxis Australia are:

- **AWARENESS** - Food allergy is real. Know the facts.
- **AVOIDANCE** - Help allergy sufferers avoid their trigger.
- **ACTION** - Anaphylaxis is a medical emergency.

For further information about food allergies and anaphylaxis please visit the websites below or contact one of the First Aid Officers at Emmaus Christian College.

- www.foodallergyaware.com.au (Allergy and Anaphylaxis Australia)
- www.allergyfacts.org.au (Allergy and Anaphylaxis Australia)
- www.allergy.org.au (ASCIA – Australasian Society of Clinical Immunology and Allergy)

Ros Argent and Maria McIver
First Aid Officers

Music

Music Calendar

Please encourage your child to perform at this musical event and come along to hear the amazing talents of our students.

- Term 2, Week 9, Wed 24th June - Winter Instrumental Night, 7.00pm in EPAC
- Term 3, Week 1, Wed 22nd July to Fri 24th July - Senior School Musical in EPAC
- Term 3, Week 7, Thu 3rd September - Spring Instrumental Night, 7.00pm in EPAC
- Term 4, Week 4, Thu 5th November - Junior School Music Showcase, 7.00pm in EPAC

Reminder regarding ‘Absence from Instrumental Tuition Lessons’

As stated in the Instrumental Tuition Agreement:

1. If a student is ill it is the responsibility of the student or parent to contact the tutor directly before 8.30am on the day of the lesson either on their home number or mobile.
2. If a student is to be absent from their lesson for any other reason (including excursions, camps, exams etc) Music Tutors should be given as much notice as possible by either the student or the parent. The Tutor is under no obligation to make up the lesson, although an attempt will be made if sufficient notice has been given to make that lesson up. If a student forgets to bring their instrument, forgets to come to lesson or no prior notification is given for a student’s absence, the lesson will not be made up.

Thank you for your assistance,

Andrew Verco

College News

Year 10 Students

We are offering Year 10 students a one day Electronics Taster Course on Tuesday 2nd June (Week 6). Forms have been sent home with information regarding this course and a return slip. Places are limited, so if you are interested, please return your completed form to Mrs Scheepers in Students Services, as soon as possible.
Natural Disasters
Many of us were sickened by the images of the recent destruction in Nepal after the earthquake which left this third world country reeling. For parents knowing how to speak to our children about natural disasters such as earthquakes and floods etc. poses a real challenge. Most adults cannot make sense of these types of events let alone children.

A fact sheet from Parentingideas which is at the end of this newsletter gives some positive suggestions for parents who want to protect their children from too much exposure to these events on the media, yet also help them to process what is happening around them. The article offers many useful suggestions. Firstly reassuring children that they themselves are safe is very important and then allowing children time to ask questions, explore their feelings and then process these feelings is vital. Many children go on to want to help other people who have suffered loss, and this action stage is a great way for children to feel that they are not powerless and that every contribution no matter how small can help others who have suffered. Parents can be very positive role models in times of disaster, and remembering that young children are very sensitive means that limiting their exposure to media articles is very important, as is using calm reassuring language.

Sue Chapman
Student/Family Support Worker

Uniform Shop

2015 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 3 T2</th>
<th>Week 4 T2</th>
</tr>
</thead>
<tbody>
<tr>
<td>Thu 14th</td>
<td>HELP NEEDED</td>
</tr>
<tr>
<td>Fri 15th</td>
<td>Andrea Ferguson</td>
</tr>
<tr>
<td>Mon 18th</td>
<td>No help needed</td>
</tr>
<tr>
<td>Tue 19th</td>
<td>No help needed</td>
</tr>
<tr>
<td>Wed 20th</td>
<td>No help needed</td>
</tr>
<tr>
<td>Thu 21st</td>
<td>No help needed</td>
</tr>
<tr>
<td>Fri 22nd</td>
<td>No help needed</td>
</tr>
</tbody>
</table>

<table>
<thead>
<tr>
<th>Week 5 T2</th>
<th>Week 6 T2</th>
</tr>
</thead>
<tbody>
<tr>
<td>Mon 25th</td>
<td>Yin Kwok</td>
</tr>
<tr>
<td>Tue 26th</td>
<td>No help needed</td>
</tr>
<tr>
<td>Wed 27th</td>
<td>Bridie Tonkin</td>
</tr>
<tr>
<td>Thu 28th</td>
<td>HELP NEEDED</td>
</tr>
<tr>
<td>Fri 29th</td>
<td>Bron Minchin</td>
</tr>
<tr>
<td>Mon 1st June</td>
<td>Vicki Hollyoak</td>
</tr>
<tr>
<td>Tue 2nd</td>
<td>No help needed</td>
</tr>
<tr>
<td>Wed 3rd</td>
<td>Katherine Papazoglou</td>
</tr>
<tr>
<td>Thu 4th</td>
<td>Sharon Smith</td>
</tr>
<tr>
<td>Fri 5th</td>
<td>Karen Baker</td>
</tr>
</tbody>
</table>

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. Thank you.

Community News

School Dental Service
The School Dental Service is a Child Dental Benefits Schedule provider. All babies, children and young people under 18 years are welcome to attend. Dental care is FREE for most school-aged children and ALL preschool children. Children who do not qualify for the Child Dental Benefits Schedule can also attend - a small fee may apply for each course of general dental care. To locate your local School Dental Clinic, or for more information about the Child Dental Benefits Schedule, please visit www.sadental.sa.gov.au or phone 8222 8222.

Child & Adolescent Sleep Clinic
Does your teenager have a sleep problem? Does your teenager have trouble falling asleep; not fall asleep until late at night; have trouble waking up or getting out of bed in the morning; miss school or feel fatigued throughout the school day? If you have answered yes to any of these questions, your teenager could benefit from a new treatment program being run at the Child & Adolescent Sleep Clinic, within the School of Psychology at Flinders University. For more information please email casc.enquiries@flinders.edu.au or phone 8201 7587.
What is Anaphylaxis?

Anaphylaxis is the most severe form of allergic reaction and is potentially life threatening. It must be treated as a medical emergency, requiring immediate treatment and urgent medical attention.

Anaphylaxis is a generalised allergic reaction, which often involves more than one body system (e.g. skin, respiratory, gastro-intestinal, cardiovascular). A severe allergic reaction usually occurs within 20 minutes of exposure to the trigger and can rapidly become life threatening.

WHAT CAUSES ANAPHYLAXIS?

Common triggers of anaphylaxis include:

FOOD

Milk, eggs, peanuts, tree nuts, sesame, fish, shellfish, wheat and soy are the most common food triggers, which cause 90% of allergic reactions, however, any food can trigger anaphylaxis. It is important to understand that even small amounts of food can cause a life-threatening reaction.

BITES/STINGS

Bee, wasp and ant stings are the most common causes of anaphylaxis to insect stings. Ticks and fire ants also cause anaphylaxis in susceptible individuals.

MEDICATION

Medications, both over the counter and prescribed, can cause life threatening allergic reactions. Individuals can also have anaphylactic reactions to herbal or ‘alternative’ medicines.

OTHER

Other triggers such as latex or exercise induced anaphylaxis are less common and occasionally the trigger cannot be identified despite extensive investigation.

SIGNS AND SYMPTOMS

The signs and symptoms of anaphylaxis usually occur within the first 20 minutes to 2 hours after exposure. Rapid onset and development of potentially life threatening symptoms are characteristic markers of anaphylaxis.

Allergic symptoms may initially appear mild or moderate but can progress rapidly. The most severe allergic reactions involve the respiratory system (breathing) and/or cardiovascular system (heart and blood pressure).
What is Anaphylaxis?

**COMMON SYMPTOMS**

*Mild to moderate allergic reaction*
- Tingling of the mouth
- Hives, welts or body redness
- Swelling of the face, lips, eyes
- Vomiting, abdominal pain

*Severe allergic reaction - ANAPHYLAXIS*
- Difficult/noisy breathing
- Swelling of the tongue
- Swelling or tightness in the throat
- Difficulty talking or hoarse voice
- Wheeze or persistent cough
- Persistent dizziness or collapse
- Pale and floppy (young children)

**DIAGNOSIS**

A person who is suspected of having a food allergy should obtain a referral to see an allergy specialist for correct diagnosis, advice on preventative management and emergency treatment. Those diagnosed with severe food or insect allergy must carry emergency medication as prescribed as well as an Action Plan for Anaphylaxis signed by their doctor. Food allergic children who have a history of eczema and/or asthma are at higher risk of severe allergic reactions. Administration of adrenaline is first line treatment of anaphylaxis.

**MANAGEMENT & TREATMENT**

Anaphylaxis is a preventable and treatable event. Knowing the triggers is the first step in prevention. Children and caregivers need to be educated on how to avoid food allergens and/or other triggers.

However, because accidental exposure is a reality, children and caregivers need to be able to recognise symptoms of an anaphylaxis and be prepared to administer adrenaline according to the individual’s Action Plan for Anaphylaxis.

Research shows that fatalities more often occur away from home and are associated with either not using or a delay in the use of adrenaline.

In Australia, adrenaline can be purchased on the PBS in the form of autoinjectors known as the EpiPen™ and Anapen™. More information on prescription is available through ASCIA [www.allergy.org.au](http://www.allergy.org.au)

The adrenaline autoinjectors are intramuscular injections that contain a single, pre-measured dose of adrenaline that is given for the emergency treatment of anaphylactic reactions. The devices are for use by lay people and is available in two doses, EpiPen™ or EpiPen™ Jr and Anapen™ or Anapen™ Jr.

Please consult your doctor for more information on allergic reactions, accurate diagnosis and management strategies.

---

ACN 159 809 053
[www.allergyfacts.org.au](http://www.allergyfacts.org.au)
A&AA® 2012
What is Anaphylaxis?

Food Allergy Basics

• A food allergy is an immune system response to a food protein that the body mistakenly believes is harmful. When the individual eats food containing that protein, the immune system releases massive amounts of chemicals, triggering symptoms that can affect a person’s breathing, gastrointestinal tract, skin and/or heart.

• Symptoms of food allergy can include: hives, swelling of the lips, face and eyes, swelling of the tongue, breathing difficulty, abdominal pain, vomiting or a sudden drop in blood pressure. If left untreated, these symptoms can be fatal.

• It is estimated that up to 2% of adults, 1 in 10 babies* and 6% of children have food allergy and some of them will experience a life-threatening allergic reaction (anaphylaxis).

• There are more than 170 foods known to have triggered severe allergic reactions. Examples include kiwi fruit, banana, chicken, mustard and celery.

• Currently, there is no cure for food allergy. Avoidance of the food is the only way to prevent a reaction.

• Adrenaline is the first line treatment for severe allergic reactions and can be administered via an auto-injector called the EpiPen® or the Anapen®.

• Food allergy is the leading cause of (severe reactions) anaphylaxis outside the hospital setting.

• Approximately 10 people die from anaphylactic reactions each year in Australia and some of these may have been triggered by food.


Permission is granted to make copies of this document for educational and awareness raising purposes only.
Last updated April 2013
Help your children make sense of natural disasters

As adults we all want our children to live carefree lives and keep them from the pain and even horror of tragedies such as natural disasters. In reality we can’t do this.

Recent natural disasters wreak incredible havoc on so many people’s lives and will no doubt leave an indelible imprint on our collective psyches. Graphic images have been brought into our living rooms via the media over the last few weeks, and will continue to do so in the immediate future.

As adults we all want our children to live carefree lives and keep them from the pain and even horror of tragedies such as natural disasters. In reality we can’t do this.

So what is a parent, teacher, or other caring adult to do when the natural disasters fill the airwaves and the consciousness of society? Here are some ideas:

1. Reassure children that they are safe
   The consistency of the images can be frightening for young children who don’t understand the notion of distance and have difficulty distinguishing between reality and fiction. Let them know that while this event is indeed happening it will not affect them directly.

2. Be available
   Let kids know that it is okay to talk about the unpleasant events. Listen to what they think and feel. By listening, you can find out if they have misunderstandings, and you can learn more about the support that they need. You do not need to explain more than they are ready to hear, but be willing to answer their questions.

3. Help children process what they see and hear, particularly through television
   Children are good observers but can be poor interpreters of events that are out of their level of understanding.

4. Support children’s concerns for others
   They may have genuine concerns for the suffering that will occur and they may need an outlet for those concerns. It is heartwarming to see this empathy in children for the concerns of others.

5. Let them explore feelings beyond fear
   Many children may feel sad or even angry with these events so let them express the full range of emotions. They may feel sadder for the loss of wildlife, than for loss of human life, which is impersonal for them.

6. Help children and young people find a legitimate course of action if they wish
   Action is a great antidote to stress and anxiety so finding simple ways to help, including donating some pocket money can assist kids to cope and teaches them to contribute.

7. Avoid keeping the television on all the time
   The visual nature of the media means that images are repeated over and over, which can be both distressing to some and desensitizing to others.

8. Be aware of your own actions
   Children will take their cues from you and if they see you focusing on it in an unhealthy way then they will focus on it too. Let them know that it is happening but it should not dominate their lives.

9. Take action yourself
   Children who know their parents, teachers, or other significant caregivers are working to make a difference feel hope. They feel safer and more positive about the future. So do something. It will make you feel more hopeful, too. And hope is one of the most valuable gifts we can give children and ourselves.

Children’s worlds can be affected in ways that we can’t even conceive of so adults need to be both sensitive to children’s needs and mindful of what they say and how they act in front of children.

In difficult times, it is worth remembering what adults and children need most are each other.
Be kind and unwind.

Personal Wellbeing

Friday June 5th 2015
9:30am to 2:30pm
Woodcroft-Morphett Vale Neighbourhood Centre
175 Bains Rd
Morphett Vale 5162

Lunch Provided
Gold Coin Donation
Enquiries and bookings call
Alison or Leanne 8186 8900

emotional overload ~ relaxation ~ mindfulness

This program is funded by the Department of Social Services
WELCOMING FAMILY WANTED!

Fast-track your language skills!
Be immersed in a new culture without leaving home!
Enrich your family by welcoming an international visitor!

Introduce a language learning student from France to your home for a few weeks in July 2015. Learn about another culture combined with promoting our Australian lifestyle whilst developing new friendships!

Seize the experience of a lifetime! Call Nacel Australia on 1300 735 732

E-mail: info@nacel.com.au www.nacel.com.au