NEWSLETTER
T2 Wk 3 18th May 2016

Next College Newsletter: Wed 1st June 2016
Please email your articles to: newsletter@emmauscc.sa.edu.au

From the Principal

2 Chronicles 7:14 “If my people, who are called by my name, will humble themselves and pray and seek my face and turn from their wicked ways, then I will hear from heaven, and I will forgive their sin and will heal their land.”

Dear Friends and Families

2 Chronicles 7:14 (above) is a commonly cited scripture used to convey the importance of prayer and the spiritual integrity God seeks from us as a part of our prayer life. This scripture however is the end of a long narrative that focuses on the building and dedication of the great temple of Solomon in ancient Jerusalem. The temple was built not only as a place to offer prayers to God, but a place where people would be shaped and moulded as God’s people – a place with a very clear purpose. On Monday it was a blessing to similarly dedicate our last 5 years of building programs to God as part of our formal opening ceremony attended by numerous invited guests including Senator the Hon Simon Birmingham and Mr Matt Williams MP, Member for Hindmarsh. Consistent with the narrative in 2 Chronicles Ch 3-7, this event reminds us that Emmaus is indeed a place with a very clear purpose - shaping and moulding God’s children (see photo below taken at the Opening).

In Matthew 14:13-21 we read the account of Jesus feeding the 5000 starting with nothing more than 5 loaves and 2 fish. On Friday 6th May Emmaus students and parents participated in an event that very much reminds me of this account of Jesus feeding the 5000. In preparation for Mother’s Day, students purchased presents for their mothers at the Emmaus Mother’s Day stall (a big thank you to all the parents who contributed many hours to this ministry). Prior to this day there were concerns that there would be inadequate gifts donated from local businesses to meet the need. Prayerfully a late rush saw not only the need fully met, but approximately 40 additional gifts remaining (all beautifully wrapped by our parent helpers). Faithfully the team felt this was a ministry opportunity to visit our neighbouring senior citizens in Vermont retirement village blessing them with Mother’s Day gifts too. The centre administration informed us that there were 70 elderly ladies in the village. The 40 remaining gifts were repackaged (many were bundled gifts) to give the required number. Our Year 5/6 students subsequently visited our neighbours blessing them too with the gifts (including some who even declared that they were not mothers, and even an elderly gentleman!) Somehow after all this, there were still gifts left over (the loaves and fish!!). See photo’s below of Emmaus students with retirement village residents.

Last week also saw our Year 3, 5, 7 and 9 students participating in the 2016 NAPLAN assessment (I did not think a photo of this was necessary to include!) Although this is just a snap shot on a single day for numeracy and literacy, it is still an opportunity for schools to reflect on their relative progress and serves as an important internal diagnostic tool for schools. You may recall that on Saturday 9th April 2016, amidst much media hype, the Saturday Advertiser published lists of the top 100 ranking schools (out of over 700 schools) at each of the 4 year levels assessed. To feature on any one of these lists places a school in the top 1/7th (14% of all SA schools). Very few schools appeared on more than one list with a very select group only on all 4. We give glory to God that our Emmaus students appeared on all 4 lists. I believe nurturing the whole child (including the spiritual) is a particular strength at Emmaus and we would rank even higher than our NAPLAN scores if there was a test for this!
You may recall that I shared last term about Lesley Heath’s approaching retirement following almost 20 years of exceptional service to the College. It is with great pleasure that I share with the Emmaus community that Sarah Ciuk will be commencing in the role of Emmaus Senior Finance and Administration Officer in June 2016. We were blessed with a high number of outstanding candidates for the role. Sarah is passionate about Christian service, complemented with a positive outlook and calm demeanour. Additionally Sarah comes to us highly experienced and qualified as a CPA. Please warmly welcome Sarah into our community the next opportunity you have and pray for a smooth transition process.

Blessings
Andrew Linke
Principal

Junior School

Mother’s Day Stall
An excellent result was achieved on Friday 6th May with the Mother’s Day stall, raising $1895.75 for the Junior School Sponsor Children. 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! Left over gifts were distributed to the ladies at Vermont Retirement Village. A special note of appreciation for the Junior Primary Parent Representatives Robyne Nagel and Aleks Darwin for their huge effort with the organisation of this significant event in the Junior School calendar.

SACSA Athletics Carnival
On Friday 6th May 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 40 students from Year 3 to 7 represented our College. Congratulations to all competitors for an outstanding effort! The final results were 4th overall in the Challenge Shield. Thank you to Daryl Porter, Debbie Beaty, Chad Carson and Robyn Butler for their fantastic effort with the organisation and training of the students.

NAPLAN
NAPLAN testing was held last week at the College. NAPLAN tests the sort of skills that are essential for every child to progress through school life, such as reading, writing, spelling and numeracy. The assessments are undertaken nationwide, every year, in the second full week in May. NAPLAN helps parents, carers and educators see if children are meeting important numeracy and literacy standards. It is also used to support school improvement by enabling teachers to monitor their students’ progress over time and to identify areas of strength and development. The government is working towards moving NAPLAN online, completing tests using a computer or tablet. NAPLAN results will be provided to schools early September.

Junior School Theme for Term 2 2016
Walk the Emmaus road with – our Great God, the ‘I am’. Week 3 Bible Verse – ‘Jesus understands every weakness of ours, because He was tempted in every way that we are. But He did not sin! So whenever we are in need, we should come bravely before the throne of our merciful God. There we will be treated with undeserved kindness, and we will find help’. Hebrews 4:15-16.

Annette Craven
Head of Junior School

Middle School

NAPLAN Testing
Can I encourage you to take the opportunity to chat with your child and find out how they went with the literacy and numeracy testing last week. You may find a ‘teachable moment’ to discuss managing stress and anxiety that such tests can create for some and use this to encourage participation and resiliency. To do your best and manage your emotions and concerns. This is something that will continue to encourage your child and provide them strategies for future tests and events in their life. If you would like more information for managing stress from exams with your child, please go to http://www.parentline.com.au/parenting-information/tip-sheets/exam-stress.php

Andrew Edmondson
Head of Middle School

Uniform Shop

2016 Normal Opening Hours

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<tr>
<th>Monday</th>
<th>8.30am - 10.00am</th>
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Christine Blom-Cursaro
Uniform Shop Manager
Performing Arts Calendar 2016
All performances are held in the EPAC (unless stated elsewhere).

<table>
<thead>
<tr>
<th>Term 2</th>
<th>Week 6</th>
<th>Wednesday 8th June</th>
<th>Winter Instrumental Night @ 7.00pm</th>
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<tr>
<td></td>
<td>Week 8</td>
<td>Tuesday 21st - Thursday 23rd June</td>
<td>Junior School Musical</td>
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<td>Week 10</td>
<td>Wednesday 6th July</td>
<td>MS/SS Music Showcase</td>
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<tr>
<th>Term 3</th>
<th>Week 3</th>
<th>Tuesday 9th August</th>
<th>Yr 11/12 Soloists @ Flinders St Baptist</th>
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<tr>
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<td>Week 7</td>
<td>Thursday 8th September</td>
<td>Spring Instrumental Night @ 7.00pm</td>
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<tr>
<th>Term 4</th>
<th>Week 3</th>
<th>Thursday 3rd November</th>
<th>Count Us In Concert</th>
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<td>Week 8</td>
<td>Monday 5th December</td>
<td>Yr 5/6 Band Program Concert</td>
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Andrew Verco  
Music Coordinator (Rec-Yr 12)

Seussical the Musical
The musical will be upon us before we know it. Week 8 of this Term in fact. The students are working hard and I hope they are singing their songs in the car, at the supermarket or at the dinner table so that YOU can also feel the ‘Seussy love’. Please remember to send in striped socks and costumes as per the notes that have already been sent home. We need all these costumes by Week 4 so that my valued helpers can collate and have things under control when we step it up a notch leading into the show.

- Reception - blue or navy pants, $6.00 for top
- Years 1/2 - black long sleeve top and pants
- Years 3/4 - black pants, $6.00 for top
- Years 5/6 - feather boa for girls, cap for boys plus black long sleeve top and pants

I am so proud of the phenomenal progress with the main cast. Thank you for supporting your child in their act of bravery as they step into the bright lights!

Nikki Meinel  
Junior School Worship Band/Choir

Sport

Netball and Basketball Training Sessions
This Term we are holding weekly Netball and Basketball training sessions in the Emmaus gym after school. Netball sessions are for Year 3 to 7 students and Basketball is for Year 1 to 7 students. Netball sessions are on a Monday night and Basketball sessions are conducted on a Tuesday night and both start at 3.20pm and conclude at 4.30pm. It is important that students are changed and ready to be active during these sessions. Sessions will be taken by qualified and experienced coaches and College H&PE staff. Please be aware that parents are expected to be present to supervise their child and assist where possible.

Soccer Clinics
Last Friday night we held our first Soccer clinic for interested Year 1 to 7 students. These weekly clinics are for any student in Year 1 to 7 who has an interest in Soccer and wants to learn new skills and be physically active having fun. Sessions begin at 3.30pm and conclude at 4.30pm. Sessions will be taken by a qualified and experienced coach. If your child is wanting to participate in these clinics please ensure that they are wearing appropriate clothing to be active in and have a water bottle. It is recommended that students have boots and shin pads and they bring those to school to wear. Please be aware that parents are expected to be present to supervise their child and assist where possible.

Middle and Senior After School Sport Teams
Week 4 this Term many of our Middle/Senior After School Sport teams begin their weekly competitions. Information will be given out to students that are involved in the teams this week through their Home Group teacher. Spare draws and general information will be available from Student Services and the Front Office if needed.

Year 8/9 SACSA Netball
Congratulations to the Year 8/9 Boys SACSA Netball team who finished third overall last week. The competition was tough all day and results were very close. Both of our Year 8/9 girls teams finished 7th overall in their pools. The girls’ competition was of a high standard and many of our losses went down to the wire. Thank you to Mr Mills, Mrs Storey and senior school students Emily and Sophie for coaching the teams. Hopefully this week at the SACSA Open Netball Competition our College will have greater success.

Daryl Porter  
Sports Coordinator
**First Aid**

**FOOD ALLERGY WEEK**

Anaphylaxis and Food Allergy Awareness

Food Allergy Week organised by Allergy & Anaphylaxis Australia is 15th to 21st May 2016.

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 ten 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 is 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**
- **AVOIDANCE**
- **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.allergy.org.au (ASCIA – Australasian Society of Clinical Immunology and Allergy)

**Ros Argent & Maria McIver**

**First Aid Officers**

**Careers Corner**

This week I would like to share a couple of success stories.

Through our Trade Training Centre, Emmaus offers Certificate II Electronics (electrotechnology) course taught by a fully qualified and industry experienced trainer through PEER. The course offers students a broad qualification and overall knowledge of electrical, refrigeration, data and security within the electrical industry.

A couple of past students have successfully gained apprenticeships after studying our Certificate II Electronics course.

Congratulations to James and Kyle (both students gained an apprenticeship with PEER) and Caleb who gained an apprenticeship with Australian Submarine Corporation.

Reflective comments from James: "I enjoyed learning and working, getting used to the aspect of the trade" and his advice to other VET students: "Do your best in your VET program. You want to work hard, do the best you can with your work experience and get good feedback as that will show employers that you are really employable and a good worker."

Good advice James!

Please contact me at ctorjul@emmauscc.sa.edu.au if you would like any information regarding our Certificate II Electronics (electrotechnology) course.

**Cathy Torjul**

**VET Coordinator**

**Community News**

**Understanding Learning Difficulties**

Mandy Nayton from DSF in Perth will present a session on the AUSPELD guide for parents that has been specifically developed to answer many of the questions raised by parents about learning difficulties.

The information and Q&A session on the Guide will be held on Thursday 23rd June 2016, 7.00pm - 8.30pm at Church of the Trinity, 318 Goodwood Road, Clarence Park. Entry is a gold coin donation.

The Guide examines the identifying features of leaning disorders, identification and diagnosis, successful intervention programs and the parent's role in supporting children and young adults with learning difficulties.

The Guide will be available to purchase for $35.00 on the night.

**Canteen Roster**

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<td>Mon 23&lt;sup&gt;rd&lt;/sup&gt;</td>
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<td>Tue 24&lt;sup&gt;th&lt;/sup&gt;</td>
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<tr>
<td>Wed 25&lt;sup&gt;th&lt;/sup&gt;</td>
<td>Maria Gutteridge</td>
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<tr>
<td>Thu 26&lt;sup&gt;th&lt;/sup&gt;</td>
<td>Katherine Quaziz</td>
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<td>Fri 27&lt;sup&gt;th&lt;/sup&gt;</td>
<td>Tam Battersby</td>
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| Thu 19<sup>th</sup> | Valda Burleigh |
| Fri 20<sup>th</sup> | Melinda Brindley |

**Week 5 T2**

| Mon 30<sup>th</sup> | HELP NEEDED |
| Tue 31<sup>st</sup> | No help needed |
| Wed 1<sup>st</sup> June | Blake Watson |
| Thu 2<sup>nd</sup> | Sharon Smith |
| Fri 3<sup>rd</sup> | Janet Evans |

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<td>Fri 10&lt;sup&gt;th&lt;/sup&gt;</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**
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 159 809 051**
[www.allergyfacts.org.au](http://www.allergyfacts.org.au)
A&AA® 2012

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Hives
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
Does your teen have a sleep problem?

Is your teenager unable to fall asleep at a conventional time? Does your teenager experience difficulty waking early for school, university or work?

The Child and Adolescent Sleep Clinic in the School of Psychology at Flinders University is running a treatment study for a common adolescent sleep problem.

The clinic is currently welcoming referrals for adolescents and young adults aged between 13-25 years.

For information about participating in research please contact the Child and Adolescent Sleep Clinic on:

Email: casc.enquiries@flinders.edu.au
Phone: (08) 8201 7587

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Child and Adolescent Sleep Clinic
Flinders University
School of Psychology

GPO Box 2100
Adelaide SA 5001

Tel: (08) 8201 7587
Fax: (08) 8201 3877
Email: casc.enquiries@flinders.edu.au

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Child & Adolescent Sleep Clinic

Phone: (08) 8201 7587
Email: casc.enquiries@flinders.edu.au
International research suggests that sleep problems are prevalent across the lifespan. To meet the growing demand for a specialised sleep service in South Australia, the Child and Adolescent Sleep Clinic opened in early 2006 to offer and pioneer evidence-based psychological treatments for a wide range of sleep problems, including Insomnia and Circadian Rhythm Sleep Disorders, including Delayed Sleep Phase Disorder.

Who We Are
The clinic is run by a group of registered sleep psychologists.

What We Do
Sleep problems can affect young people's mood, motivation, concentration and school, university or work performance. The Child and Adolescent Sleep Clinic offers cognitive and behavioural therapy programs tailored to the nature of client's sleep problems, to help them attain a better night's sleep.

The treatments we currently provide are known as cognitive and behavioural therapies. These treatments involve educating children and families about the nature of sleep and sleep problems, modifying behaviours around bedtime, and teaching children and adolescents how to modify the way they think about their sleep problem. We also use a technique called Bright Light Therapy with adolescents and young adults who have difficulty falling asleep and waking at their desired times. This type of treatment helps to shift sleep rhythms earlier so clients can fall asleep earlier and wake up more alert.

Treatment involves several sessions over a period of 4-8 weeks.

In order to ensure that the treatments we provide at the Child & Adolescent Sleep Clinic are the best, we are constantly evaluating their effectiveness. For the children, adolescents, and parents in the program, this means completing sleep diaries and questionnaires along the way, and where possible wearing wrist monitors to assess sleep.

The Child and Adolescent Sleep Clinic is currently accepting referrals for children, adolescents and Flinders University students.

Where We Are
The Child and Adolescent Sleep Clinic is located in the Social Sciences North Building at Flinders University, on level two, in room 253.

When Are We Open?
The Child and Adolescent Sleep Clinic is only open on Wednesdays between the hours of 9am-5pm. Appointments run for approximately 50 minutes on the hour.

How do I obtain a referral to the Child & Adolescent Sleep Clinic?
You will need to obtain a Mental Health Care Plan from a GP prior to booking an appointment at the Child & Adolescent Sleep Clinic. Be mindful that this may require a longer than normal appointment with your GP.

For More Information:
Visit our website by searching “Child and Adolescent Sleep Clinic” on the Flinders University webpage.