Upcoming Principal Tours
If you have family and friends who are interested in enrolling their children at the College please draw their attention to this Term’s Principal Tours which are being held on Wednesday 24th August (Middle & Senior) and Thursday 25th August (Junior) at 9.15am.
Bookings are essential, please phone the College on 8292 3888 to register your place.

From the Head of Middle School

Dear Friends and Families
On Friday 29th July, Sue Chapman, Ben Squire and myself attended the annual Generation Next Mental Health and Wellbeing of Young People Conference. We listened to a range of excellent speakers sharing various thoughts, ideas, strategies and wisdom for those working with children and adolescents.

They have recently launched the Generation Next YouTube Channel. This is a free resource on mental health for the Australian community. Brief interviews and lengthy talks are available for you to view at https://www.youtube.com/c/GenerationNextCommunity

I will highlight just one of the speakers of the day, Justin Coulson, speaking on teaching boys respectful relationships. Justin highlighted that young people can push boundaries and challenge authority as they seek to develop their own independence in the journey through adolescence to adulthood. Yet boys statistically are more likely to get into trouble and ‘hot water’ at this time.

He discussed challenges for boys and fitting in, complying with ‘the boy code’ (see William Pollack, Harvard University). This is a cultural challenge and he mentioned role models like Eddie McGuire and the recent Caroline Wilson commentary.

Justin shared 7 pathways to respect:
1. Stop it at the start
2. Be an example - model it
3. Enlist help
4. Breakdown the ‘boy code’
5. Understand them
6. Get them out of B.E.D. (Blame, Excuse, Denial) and get them using their O.A.R. (Ownership, Accountability, Responsibility)
7. Promote perspective (view things from other perspectives)

He also mentioned to Dads that as a role model it is great to show you are OK with emotions, hug and kiss your children, be emotionally connected and tell them that you love them.

This may well inspire or remind you ways to support and work with your sons (and even daughters).

Andrew Edmondson
Head of Middle School

College News

ICAS Medal Winner
We are excited to celebrate with Samuel from Year 10, as Emmaus has been informed that he is a Medal Winner, with a top Year 10 score in the International ICAS Digital Technologies Competition. He will be formally presented with his medal later in the year.

Congratulations Samuel in this outstanding achievement.
Indonesian Day - Week 8
We are excited to announce the inaugural ‘Junior School Indonesian Day’ which is being held on Friday 16th September. Students will take part in a variety of games, crafts and a celebration assembly. They will also have the opportunity to order an Indonesian meal for lunch that day. Children are welcome to dress up or accessorise in Asian influenced clothing or colours.

Mei Turnip
Indonesian Teacher

Years 5/6/7 Debating Teams
We have two more heats left for our debating season. On 9th August our three teams will debate on the topic ‘That children on the naughty list should not get a present’. The final round’s topic on 30th August is ‘Cloth nappies are better than disposable nappies.’
There are 75 teams in the competition and Emmaus Christian College Team Red is currently ranked 15th, Team Green 20th and Team Blue 22nd. Well done debaters!

Susanne Milne

Junior School

Student Led Conferences
On Tuesday 13th and Wednesday 14th September parents and caregivers will again be given the exciting opportunity to attend ‘Student Led Conferences’. A ‘Student Led Conference’ is based on the belief that children are capable of taking responsibility for their own learning and reporting their progress to their parents. The conferences are an integral part of the reporting process and are linked in with our mid-year reporting processes. All families will now have the information about ‘Student Led Conferences’ and how to make a booking. The sessions will be 10 minutes with three students reporting to their parents in the same time slot in each classroom. Both parents will need to attend together as there will be only one time slot per student.

Father’s Day Breakfast
Thank you to our School Community for their support of our annual Fathers’ Day Breakfast to honour our fathers. Please make sure you return your responses so that we can arrange catering. There will be activities for fathers to enjoy with their children, after a yummy breakfast, including ball games, chess, colouring in and Lego. Coffee can be purchased from an on site coffee van. Breakfast will be served from 7.30am and the morning will conclude at 8:30am. A gold coin donation would be appreciated to help cover costs. Thank you to the Parent Representatives and the many parent helpers for organising this popular event.

The NED Show
All Junior School Students were very excited to have the NED show visit on Tuesday. The NED Show is a character education program that promotes positive attitudes and encourages students to do their best every day. During the performance the students enjoyed storytelling, magic, humour and yo-yo tricks. There is an opportunity to purchase yo-yos until next Tuesday. If you would like to purchase one please fill out the order form on the letter that was emailed to you last week.

Junior School Theme for Term 3 2016
Ruth to Solomon Week 3 Bible Verse – ‘Your ears will hear a voice behind you saying, “This is the way; walk with me.”’ Isaiah 30:21.
Annette Craven
Head of Junior School

Music

Spring Cabaret Music Evening
The Spring Instrumental Evening scheduled for Thursday 8th September is being replaced by the ‘Spring Cabaret Music Evening’. Regular seating will be replaced with tables and chairs and you are encouraged to bring nibbles and drinks including glasses to enjoy the evening. This event is ‘Alcohol Free’. Tickets are free via ‘Try Booking’.

Performing Arts Calendar 2016

<table>
<thead>
<tr>
<th>Term 3</th>
<th>Week 7</th>
<th>Thursday 8th September</th>
<th>Spring Cabaret Music Evening @ 7.00pm in EPAC</th>
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<table>
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<tr>
<th>Term 4</th>
<th>Week 3</th>
<th>Thursday 3rd November</th>
<th>Count Us In Concert in EPAC</th>
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</table>

<table>
<thead>
<tr>
<th>Term 4</th>
<th>Week 8</th>
<th>Monday 5th December</th>
<th>Year 5/6 Band Program Concert in EPAC</th>
</tr>
</thead>
</table>

Andrew Verco
Music Coordinator (Rec-Year 12)

Uniform Shop

2016 Normal Opening Hours
Monday 8.30am - 10.00am Thursday 8.30am - 10.00am
3.00pm - 5.00pm 1.00pm - 1.30pm
3.00pm - 5.00pm

Jakki Abanat for Christine Blom-Cursaro
Uniform Shop Manager
Asthma Management in Winter and Spring

Asthma is one of the most common chronic childhood conditions, affecting 1 in every 10 children in Australia. Emergency admissions and hospitalisations peak during the winter for children with asthma and flare-ups are often more prevalent during winter and spring. Good management however can help children with asthma and their carers get through this tricky time of year with more confidence.

Here are a few tips for parents and carers:

- Make an annual appointment for an asthma review by your child’s doctor.
- Update your child’s Asthma Plan at the start of each year and provide a copy to the school.
- Talk to the teacher and other key staff about your child’s asthma - their usual triggers, symptoms and medication.
- Provide an ‘in-date’ blue reliever puffer and spacer for use at school (clearly labelled with child’s name and date of birth).
- Help your child understand the importance of taking their preventer medication every day, as prescribed.
- Ask their doctor about having a flu vaccination.
- Encourage hand washing and covering one’s mouth when coughing to prevent the spread of germs.

Regular reviews of your child’s asthma with your GP and pharmacist will help them to become a better breather. Need help with your child’s asthma? Contact Asthma Assist line on 1800 ASTHMA (1800 278 462) and talk to one of their friendly Asthma Health Professionals.

Asthma app:
The new Asthma Australia app brings together a raft of resources in once convenient place to help you ensure your child’s asthma is managed as well as possible. Sections include information on medications, device technique videos and Asthma First Aid in an emergency. The app is free at the iTunes store (Android coming soon).

Ros Argent & Maria McIver
First Aid Officers

Canteen Roster

<table>
<thead>
<tr>
<th>Week 3 T3</th>
<th>Week 4 T3</th>
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<tbody>
<tr>
<td>Mon 15\textsuperscript{th}</td>
<td>No help needed</td>
</tr>
<tr>
<td>Tue 16\textsuperscript{th}</td>
<td>No help needed</td>
</tr>
<tr>
<td>Wed 17\textsuperscript{th}</td>
<td>Lucy Trewin</td>
</tr>
<tr>
<td>Thu 11\textsuperscript{th}</td>
<td>HELP NEEDED</td>
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<tr>
<td>Fri 12\textsuperscript{th}</td>
<td>Melinda Brindley</td>
</tr>
<tr>
<td>Thu 18\textsuperscript{th}</td>
<td>Valda Burleigh</td>
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<tr>
<td>Fri 19\textsuperscript{th}</td>
<td>Lucy Trewin</td>
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<tr>
<th>Week 5 T3</th>
<th>Week 6 T3</th>
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<tbody>
<tr>
<td>Mon 22\textsuperscript{nd}</td>
<td>No help needed</td>
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<tr>
<td>Tue 23\textsuperscript{rd}</td>
<td>No help needed</td>
</tr>
<tr>
<td>Wed 24\textsuperscript{th}</td>
<td>Maria Gutteridge</td>
</tr>
<tr>
<td>Thu 25\textsuperscript{th}</td>
<td>HELP NEEDED</td>
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<tr>
<td>Fri 26\textsuperscript{th}</td>
<td>Melanie Pruszinski</td>
</tr>
<tr>
<td>Mon 29\textsuperscript{th}</td>
<td>No help needed</td>
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<tr>
<td>Tue 30\textsuperscript{th}</td>
<td>No help needed</td>
</tr>
<tr>
<td>Wed 31\textsuperscript{st}</td>
<td>Blake Watson</td>
</tr>
<tr>
<td>Thu 1\textsuperscript{st} September</td>
<td>HELP NEEDED</td>
</tr>
<tr>
<td>Fri 2\textsuperscript{nd}</td>
<td>Katherine Quaziz</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 wear enclosed shoes and ensure 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.

Janine Richards and Tam Battersby

Careers Corner

As senior students consider their subject choices in preparation for Pathway Planning Day, I would encourage you to discuss with your child their favourite activities, interests and school subjects they enjoy. This will open dialogue for discussion on a career pathway they can start to develop whilst at school, whether that be a VET course, straight school subjects, investigative activities like work experience or a taster course.

At the start of this term, some Year 10 students from Emmaus and other Independent schools commenced an Electrical Construction Taster Course in our Trade Training Centre. These students have started to have a ‘hands on’ look at the construction industry, in particular electrical. Feedback has already been extremely positive with students enjoying looking at this industry as a possible career.

I am always available to discuss possible VET course options with you and your child that will assist in their chosen career pathway.

Cathy Torjul
VET Coordinator
Sport

Primary Sporting Clinics - Term 3
This Term in Weeks 2 to 5, Friday night Soccer clinics/training will continue at the College. These sessions start at 3.20pm and finish at 4.20pm. If the weather is inclement then sessions will be held in the Gymnasium. Please make sure that players have suitable footwear for outside and inside environments.

The College will also be running an AFL ‘come and try’ clinic for any interested Reception to Year 6 students who want to learn new skills, make new friends or simply having fun being active. These clinics will start on Friday 2nd September (Week 6) and conclude on Friday 23rd September (Week 9) and will be held at the College. If the weather is inclement then sessions will be held in the Gymnasium. Please make sure that players have suitable footwear for outside and inside environments.

After School Primary Basketball and Netball competitions are continuing. It is important that if your child cannot play due to injury, illness or any other reason, that you let the Front Office, the Team Coach or Sports Coordinator know to ensure we have enough players to fill the side or notify the organisers of a forfeit. We have had much success in these Sports this year and it would be great to see your child attending the training sessions and furthering their skill levels. Netball training is conducted on a Monday night and Basketball training is on Tuesday nights inside the Gymnasium and on the outside courts (weather permitting).

If you have any queries please contact me at the College or email dporter@emmauscc.sa.edu.au

Year 6/7 SAPSASA Basketball success!
On Thursday 28th July our Year 6/7 Girls and Boys Basketball teams competed in the SAPSASA District Carnival held at Marion Basketball Stadium. Each team played a total of six games, the girls won five games and drew one. With this result, they finished in second place which was decided on points scored against for the day. The boys won each of their games finishing in first place and they will now compete at the State SAPSASA final later this term at Wayville Basketball Stadium. Thank you to Sharon Smith and Helen Grear for scoring all day and a big thank you to Amanda Lemmon for coaching the boys team so well.

Well done to both teams!

Without parent/caregiver assistance, after school sports would not be possible, so thank you to those who coach, score, supervise or simply transport players to and from the various venues. Your willingness to assist the College and Students is a real blessing.

Daryl Porter
PE, Health & Sports Coordinator (Rec-Year 12)

Community News

The Effective Living Centre
Their Positive Parenting seminars and short courses have been widely accepted with good feedback over many years. Assisted through Funding from the Unley City Council has enabled us to engage leading professionals who are known for their practical application.

Upcoming sessions:

- Talk so Teens will listen and Listen so Teens will Talk - presenter Vina Hotich
  Wednesday 10th August, 7.30pm - 9.30pm
- Talk so Kids will listen and Listen so Kids will Talk - presenter Donna Broadhurst
  Wednesday 24th August, 7.30pm - 9.30pm
- Understanding your Child's Temperament - presenter Donna Broadhurst
  Wednesday 7th September, 7.30pm - 9.30pm
- Managing Anger in Children - presenter Donna Broadhurst
  Wednesday 21st September, 7.30pm - 9.30pm

All sessions are held at 26 King William Road, Wayville. Cost $15.00 adult, $12.00 concession, $24.00 couple.
Effective Living Centre

2016 Presenters

Donna Broadhurst is a counsellor who works with children and families, specialising in using Child Centred Play Therapy. She currently runs a private practice and works with the Department for Education and Child Development as a Family Services Coordinator.

Vina Hotich is a child and family counsellor and has specialised in the areas of attachment work and using body-inclusive approaches for working with psychological trauma. Her work is also influenced by years of yoga, meditation and other personal growth modalities.

Rod Wenham is a mediator specialising in Family Dispute Resolution and Child Inclusive Mediation. Rod has been in private practice for the last 15 years and also works with relationships Australia.

Bill Hansberry co-authored Raising Beaut Kids: Recipes for parents on when to say ‘yes’ and how to say ‘no’ which helps people identify how they want to parent. He is well recognised for his restorative justice work in schools. Bill is passionate about helping young people better connect with their educational experience, and working with teachers, helping them discover (or rediscover) the thrill of helping students reach their full potential.

Peter Hill is a nutritionist and psychotherapist who enjoys helping people rediscover their love of food and cooking. He incorporates an understanding of human behaviour and childhood development as he promotes a creative relationship with food and secure attachment with our children.

Dr Debbie James works with families and communities to promote children’s talking which is critical for their social, emotional and academic development. Debbie has researched extensively how children acquire language, and currently lectures in Speech Pathology at Southern Cross University, Queensland.

Effective Living Centre

programs & conversations creating healthy relationships in our homes & communities

What is the Effective Living Centre?

The Effective Living Centre is a not for profit organisation run primarily by volunteers. It provides facilities and programs for people who want to share, broaden and develop their own vision and passion for life. Programs are grouped around the area of relationships including:

- positive parenting
- social justice
- sacred & creative
- progressive Christianity
- recreational activities

All our programs and events are offered in a conscious spirit of hospitality, inclusion and respect.

The Effective Living Centre is a community engagement and development project of Christ Church Uniting, Wayville, and is a progressive and evolutionary resource centre.

A primary vision is to contribute positively to the whole community. It is open and available to people of any social, political or religious belief who share our values of:

- Respect
- Compassion
- Inclusion
- Fairness
- Integrity
- Community

Would you like to contribute or become a Friend?

We invite you to consider becoming a Friend of the Effective Living Centre, or maybe a volunteer. There are many ways that you can contribute. Some of our volunteers work on the task groups, some host seminars, others like to contribute half a day in our office. Alternatively you may have some ideas for seminar topics that you may like to suggest.

To receive our tri-annual newsletter (either electronically or by Australia Post) please contact us and let us know your details. We are more than happy to have you drop in, call or send us an email.

26 King William Road, Wayville SA 5034
p 08 8271 0329
e office@effectiveliving.org
° Tue Wed & Fri 10am - 2.30pm

www.effectiveliving.org
Talk so Kids will Listen & Listen so Kids will Talk

Wednesday 2 March 7:30 - 9:30pm
Presenter - Donna Broadhurst
This session aims to help parents discover new ways of effectively communicating with their children so that misunderstanding and conflict are dealt with constructively.

Understanding your Child’s Temperament

Wednesday 16 March 7:30 - 9:30pm
Presenter - Donna Broadhurst
Understanding a child’s temperament is needed to develop effective parenting strategies for each child. Donna will give some practical ideas for relating to your spirited or sensitive child’s particular needs to help them flourish.

Managing Anger in Children

Wednesday 30 March 7:30 - 9:30pm
Presenter - Donna Broadhurst
It’s not easy living with our own emotions, let alone our child’s ups and downs. Yet parents can help their children to safely express their feelings and manage strong emotions. It is a gift that will serve them well for a lifetime.

Blended Families - Survive & Succeed

Wednesday 18 & 25 May 7:30 - 9:30pm
Presenter - Vina Hotich
Combining families has lots of potential for both good and challenging times. Over 2 sessions, Vina offers core strategies to keep focused on what is working, and to identify where new tactics could help. The second session will focus on common issues identified by the group at the first session.

Child Inclusive Mediation

Wednesday 1 June 7:30 - 9:30pm
Presenter - Rod Wenham
It doesn’t have to be this way. Trying to deal with the anger, hurt and blame that often follows separation is difficult enough. Dealing with the best interest of the children at the same time can be extremely harrowing. Rod will look at various ways in which the children can be given a voice and both parents can be positively involved in their ongoing needs and development.

Help Kids Resolve Sibling & Peer Rivalry

Wednesday 15 June 7:30 - 9:30pm
Presenter - Bill Hansberry
What fuels rivalries, and how do adults unwittingly compound the issues? Bill has some practical strategies and ideas to help you identify when to step in, or when to step back and just observe your kids’ conflicts. Learn some tips on how to help them take ownership of solving their own problems.

Encourage More, Praise Less

Wednesday 29 June 7:30 - 9:30pm
Presenter - Donna Broadhurst
Finding the balance between praise and encouragement is not easy, but praising kids when they only put in half an effort teaches them complacency. It also teaches them to constantly seek approval, rather than approving of themselves. Donna will give some practical tips when to praise and how to encourage.

Talk so Teens will Listen & Listen so Teens will Talk

Wednesday 10 August 7:30 - 9:30pm
Presenter - Vina Hotich
Repeat of April seminar

Talk so Kids will Listen & Listen so Kids will Talk

Wednesday 24 August 7:30 - 9:30pm
Presenter - Donna Broadhurst
Repeat of March seminar

Understanding your Child’s Temperament

Wednesday 21 September 7:30 - 9:30pm
Presenter - Donna Broadhurst
Repeat of March seminar

Managing Anger in Children

Wednesday 2 November 7:30 - 9:30pm
Presenter - Peter Hill
Peter looks at steps to change behaviour, and provides strategies that cue into natural developmental changes in children, supporting their growing independence and curiosity.

Fun not Fuss with Food

Wednesday 30 November 7:30 - 9:30pm
Presenter - Dr Debbie James
Babbling, chatting and reading to your little one is essential for them to learn how to talk, as well as read, write, socialise and regulate their own emotions. Debbie provides practical suggestions on how and how often to talk to your child, whether newborn or pre-schooler. She will help you learn to recognise different ways and opportunities to engage in baby chatter, and about the many benefits to be gained.

Cost $15 adult   $12 conc $10 ELC Friend $24 per couple  (Blended Families 2 part session $30 adult $24 Conc $20 ELC Friend $48 couple)
Bookings are essential: www.effectiveliving.org email office@effectiveliving.org Ph 8271 0329 Tue Wed Fri 10am -2.30pm
Would you like to learn more about the game of chess?

Whether you are a beginner or an advanced player, you will have the chance to play against others of different ages and abilities while being coached by a professional chess coach. The Gifted and Talented Children’s Association of South Australia is offering Saturday Chess Club on four Saturdays during the third school term. Novice or expert. Nourish your mind with the many benefits chess has to offer; strategic thinking, lateral thinking, visual memory, analytical skills and social interaction. Learn key rules of the game and the more important ideas you need to play a good and exciting game.

Topics include:
The origins and history of chess and revision of the rules
The joy of tactics, including forks, pins, skewers, discoveries, nets, ties, sacrifices and King hunts.
The strategy of openings, middlegames and endgames.
Fool’s mate, Scholar’s mate and the famous Opera game.
Chess clocks, computer chess, Internet chess, chess literature, chess in Australia and much more.
Learn about Australian juniors who are among the World’s best.

The sessions will include a short tournament.

Ages: 5 – 8 years but older students can join too
Time: 2pm—4pm
Location: Glenunga International High School,
99 L’Estrange St, Glenunga, SA 5064
Cost: GTCASA members $20 per session;
non-members $25 or
enrolment in all four sessions
$65 members / $85 non-members
Payment: EFT, cheque or money order in advance to confirm places. Details about how to pay are on the website.

How to book: register online at www.gtcasa.asn.au
Philosophy Workshops

In this series your child will participate in a series of four sessions for ages 7-12 years in Term 3 2016

Art & Drama and Critical Thinking
Ancient History and Philosophy

In these sessions children will have the opportunity to explore play and creativity to engage with philosophical thinking. We will use a Communities of Inquiry approach to create a respectful and safe environment where ideas are explored.

These sessions will allow children to discover content drawn from the Australian Curriculum but explored in depth. Children will be encouraged to approach the content in activities that develop their ability to ask meaningful questions and explain the deeper reasoning for their choices.

Our presenters are Lorelei Siegloff and Kyla Casey.

Lorelei is a practicing artist, Chair of the SA Philosophy in Education Association as well as an Art and Classics/History teacher at the University Senior College.

Kyla is an actor as well as a secondary teacher specialising in English, Drama and Research Project. Lorelei and Kyla have particular experience in developing higher order thinking skills in students in a range of arts and humanities subjects.

| Ages: 7–12 years old |
| Dates: August 6th, 20th, September 3rd (GTCASA AGM) and September 17th. |
| Time: 2pm—4pm |
| Location: Glenunga International High School, 99 L’Estrange St, Glenunga, SA 5064 |
| Cost: GTCASA members $20 per session; non members $25 or Enrol in all four sessions $65 members / $85 for non members |
| Materials: There will be a $5 fee to cover cost of charcoal, pencils etc. and this is payable with registration fee. |
| Payment: EFT, cheque or money order in advance to confirm places. Details about how to pay are on the website and registration form |
| How to book: register online at www.gtcasa.asn.au |

Gifted and Talented Children’s Association of SA
Phone: 8354 1858  Website: www.gtcasa.asn.au