Middle School Wellbeing Day

Middle School enjoyed their 3rd annual Wellbeing Day on Friday 7th August. The day started with a ‘bang’ in the Performing Arts Centre listening to the drumming group ‘Sambatuka’.

Students then had opportunity to enjoy a wide range of activities and workshops. Students learnt about teamwork, cooperation, healthy eating choices, different ways to relax and unwind, survival techniques and discussed matters related to manhood, trialled new artistic expressions, participated in a range of physical exercise and activities. They had the opportunity to be challenged scientifically, consider appearance and makeup, some mixed music creatively and experimented with henna designs.

Students loved the day and appreciated all the hard work and effort from staff to coordinate the day. Thank you to those who helped make the day such a success.

A selection of quotes from middle school students

Enya Kecojevic, 7E “It was a great day. I had lots of fun and can’t wait for next year.”

Max Mathew, 7E “Wellbeing Day was great and awesome. I enjoyed the food and all activities. I think we should have it again next year.”

Tayla D’Aloia, 7E “I really enjoyed Wellbeing, it was heaps of fun. I especially enjoyed having the opportunity to have henna done on my hand.”

Jenna Canlas, 7E “I thought Wellbeing Day was awesome. It’s a great day to just forget about the worries of homework and to just focus on yourself and it’s great to spend time with friends and have a close friendship. I thought Wellbeing Day is worth doing more throughout the years, it’s AMAZING!”

Niraj Nekar, 7E “Wellbeing Day was awesome. I especially liked the sessions. The day was really fun (especially with no school work, plus no homework, how good is that!) It was organised well and liked it with friends.”

Trent Noble, 7E “Wellbeing Day was a wonderful, new, exotic experience with lots of fun activities to participate in. I especially loved the ‘sumo suits’ because it was so much fun.”

Jessica Reynold-Chapa, 8S “Wellbeing Day is always something to look forward to, this year was especially amazing.”

Megan Monaghan, 8S “Wellbeing Day is a fantastic day for having fun, laughing with friends and learning about wellbeing. It is one of the best days of the school year.”

Andrew Edmondson
Head of Middle School
Parents & Friends

Bush Dance – Saturday 29th August – 6.00pm
Mrs Jude Potter is getting her voice ready as caller of ‘The Wild Matilda’s’. No previous experience required! Tickets are now on sale through trybooking.com and can be accessed through the College website under ‘Events’ (see flyer attached). Organise your family and friends and purchase your tickets today! The silent auction items are looking GREAT too! Take home a bonus on the night; a spa voucher, coffee grinder, original painting, gold passes to the basketball at Titanium Stadium, perfumes, fashion hand bag, ‘First Froots’ fruit box, just to name a few. Watch out for them on Facebook for a sneak peek. We still need a couple of people to move hay bales on Saturday 29th at 2.30pm and Sunday 30th at 1.30pm for about ½ hour. Please contact grears@mgsurveys.com.au if you can help.

Woolworths Earn & Learn
If you currently shop at Woolworths we would love you to join us in collecting stickers for the ‘Woolworths Earn & Learn’ program. Completed sticker sheets and/or stickers can be placed in the collection box which is located at student services. Points earned will be used to purchase learning equipment and resources for our school community.

Helen Grear
P & F President

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 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

Andrew Verco

First Aid

First Aid for Burns
With the use of fire places and heaters and the consumption of more hot drinks and soup during the winter months, there is an increased risk of burn injuries. To minimize the severity of a burn, reduce the risk of infection and to promote healing, it is essential that even a minor burn or scald is treated with correct First Aid procedures and medical attention is sought where necessary.

• Immediately cool the affected area for up to 20 minutes using cold running water from a tap or shower. Effective cooling can significantly reduce the severity of a burn.
• If any clothing is wet with hot liquid or affected by a chemical splash, remove it quickly and carefully.
• Remove any tight clothing, watch, rings or jewellery from the injured area due to the risk of swelling.
• Monitor the victim for shock.
• After cooling the injured area for up to 20 minutes, apply a sterile, non-adherent dressing and keep in place with a loose cotton bandage (even plastic food wrap can be used).

Call 000 or mobile 112 for an ambulance for any burn which:
• Is larger than the palm of the victim’s hand.
• Has caused difficulty with breathing.
• Is on the head, palm, face or genital area.
• Affects more than one body part.
• Involves chemicals, explosions or electricity.

Seek medical attention as soon as possible for any burn greater in area than a 20 cent piece.

DO NOT break blisters or remove peeled skin.
DO NOT try to remove any fabric that is stuck to a burn.
DO NOT apply creams, ointments, lotions or gels to any burn injury.
DO NOT over cool casualty (particularly if young or if burn is extensive).
DO NOT use towels, cotton wool, blankets or adhesive dressings directly on wound.

Medication Plans for Camps
Can we please remind parents of students attending one of the several camps later this term that if your child may require medication during their camp, a Medication Plan completed by the doctor is now due. If you have already given your child a medication plan to hand in at school can you please ensure that they have done this and that it is not still in their school bag.

Thank you.

Ros Argent and Maria McIver
First Aid Officers
**College News**

**Open Boys 9 A-Side Football**  
After the woolly morning of wind and rain cleared up, our open boys took to the field and played creative and consistent team football. We began the day slowly, but managed to win all our Poole games only losing to the eventual winners in Temple, Mile End. We made it to the preliminary final but lost to Kings in a hard fought game. We were a very even team across all positions, but a special mention goes to Caleb Dolman and Levi Grigg for being outstanding players. Congratulations to all the boys and thank you to the parents and supporters who came out to watch.

Ben Squire

**From the Library**

**Bookweek – Books Light Up our World**  
Bookweek is coming to our school! Every year the Children’s Book Council creates a special event across Australia to award the best books published in the previous year. Bookweek gives schools, libraries and students the opportunity to celebrate the love of reading and to explore the theme for the year.


Bookweek begins on Monday 24th August (Week 6)

As part of our celebrations the Junior school (Reception to Year 6) enjoyed a special performance of the production ‘Shine a Light’ at assembly on Monday, brought to us by Perform! Educational Musicals. (Yes, this is the week before Bookweek!) The students will also be exploring some of the short listed books this Term in their Library lessons and working with their Buddy classes as they read and enjoy books together.

**But wait, there is more! Wally Watchers – Watch out!**  
Because books light up our lives we want the whole school to be involved in our very own special event:

**Where’s Wally Wednesday** – for Wycliffe!

On Wednesday 26th August there will be a ‘dress-up’ themed event to involve the whole school – Reception to Year 12.

For a gold coin donation, every student is asked to come dressed as a ‘Where’s Wally’ Character…[wearing ‘Read’ & White] and we will take an Emmaus snapshot for our own Where’s Wally poster. *(This is not a Casual Day – students who do not get involved in the ‘Bookweek dress-up’ will need to be dressed in school uniform and are still welcome to donate).*

The Wonderful Wally participants will be supporting Wycliffe Bible Translation work in the APY lands by supporting Mr David Barnett (one of our regular TRTs this year). He is currently doing Theology studies in preparation for returning to Bible Translation Work. In order for this to happen he needs to raise ongoing support. Books light up our world, and the best book is the Bible, which lights a way to eternity through Jesus. Having the Bible in your own language is vital.

Parents and senior students may like to consider partnering with David and his wife Lil by being regular supporters or by making an online donation, and in this way we would be partnering with the spread of the gospel into the APY lands. Students who have attended the Lands trip in the past have a special heart for the people of that region and it would be wonderful to participate in this work in an ongoing way.

Look for New Wycliffe Members needing support at http://wycliffe.org.au/donate/  
Imagine….if 200 families were prepared to give $5/$10 or more per month, David and Lil could return to the Translation project sooner than they might otherwise expect. In this way we would be supporting their faithfulness in giving to the Aboriginal people in the APY lands. We would be part of what God is doing – and our work would enable the Word to go out into the World.

The Best Book, the Bible Lights up our World – get involved!

**Alicia Buxton, Carolyn Hull and Janet Maschmedt**

**Uniform Shop**

**2015 Normal Opening Hours**

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<tr>
<th>Monday</th>
<th>8.30am - 10.00am</th>
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<td>3.00pm - 5.00pm</td>
<td>1.00pm - 1.30pm</td>
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Christine Blom-Cursaro  
Uniform Shop Manager
Canteen Roster

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<tr>
<th>Week 5 T3</th>
<th>Week 6 T3</th>
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<tr>
<td>Mon 24&lt;sup&gt;th&lt;/sup&gt;</td>
<td>HELP NEEDED</td>
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<tr>
<td>Tue 25&lt;sup&gt;th&lt;/sup&gt;</td>
<td>No help needed</td>
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<tr>
<td>Wed 26&lt;sup&gt;th&lt;/sup&gt;</td>
<td>Bridie Tonkin</td>
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<tr>
<td>Thu 27&lt;sup&gt;th&lt;/sup&gt;</td>
<td>HELP NEEDED</td>
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<td>Fri 28&lt;sup&gt;th&lt;/sup&gt;</td>
<td>Erica Kwok</td>
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<th>Week 7 T3</th>
<th>Week 8 T3</th>
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<tr>
<td>Mon 31&lt;sup&gt;st&lt;/sup&gt;</td>
<td>HELP NEEDED</td>
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<td>Tue 1&lt;sup&gt;st&lt;/sup&gt; Sep</td>
<td>Tam Battersby</td>
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<tr>
<td>Wed 2&lt;sup&gt;nd&lt;/sup&gt;</td>
<td>Katherine Papazoglou</td>
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<td>Thu 3&lt;sup&gt;rd&lt;/sup&gt;</td>
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<td>Fri 4&lt;sup&gt;th&lt;/sup&gt;</td>
<td>Andrew Ferguson</td>
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<td>Mon 7&lt;sup&gt;th&lt;/sup&gt;</td>
<td>HELP NEEDED</td>
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<td>Tue 8&lt;sup&gt;th&lt;/sup&gt;</td>
<td>No help needed</td>
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<td>Wed 9&lt;sup&gt;th&lt;/sup&gt;</td>
<td>Kate Ledson</td>
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<tr>
<td>Thu 10&lt;sup&gt;th&lt;/sup&gt;</td>
<td>HELP NEEDED</td>
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<tr>
<td>Fri 11&lt;sup&gt;th&lt;/sup&gt;</td>
<td>Vicki Hollyoak</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

Community News

Student Accounts with Bank SA
Students who open a Free Complete Freedom Student Account with Bank SA and activate their ATM card before 30<sup>th</sup> August, will receive $20 in their account as well as a free ticket to the Royal Adelaide Show. For these accounts and any opened before 9<sup>th</sup> October, $20 per account will also be donated to the School Community. Junior School aged children opening an Incentive Saver account before 30<sup>th</sup> August will also receive a free ticket to the Royal Adelaide Show. Please see the flyers attached to this newsletter and information packs are available from the School.

Positive Parenting Seminar
Helping Teens through Adolescent Emotions
Wednesday 2<sup>nd</sup> September at 7.30pm
Effective Living Centre, 26 King William Road, Wayville
Presenter - Vina Hotich
Transitioning from childhood through teenager years to adulthood can be a tumultuous journey for all involved. This seminar aims to help parents identify ways to enable teenagers to express their stress, anger and other strong emotions effectively and respectfully. This is helpful for parents of teenagers, but also for parents of youngsters approaching their teens.
EMMAUS PARENTS & FRIENDS
Proudly Presents

FAMILY
BUSH DANCE
Featuring

The Wild Matildas

6PM Saturday August 29TH
EMMAUS COLLEGE GYM

$20/Family $5/Person

Prepaid Tickets - www.trybooking.com/151284

PLEASE BRING SUPPER TO SHARE
No stiletto heels or heavy work boots please

Join in with the Silent Auction
and other pre-dance activities

Drinks Available for Purchase

Emmaus is Alcohol & Tobacco Free Site
Each participant will receive:

- Personalised Macca’s Next Step Guernsey
- Family pass to the 2015 SANFL IGA League Grand Final on Sunday 27th September at Adelaide Oval
- Play a game on Adelaide Oval
- Access to Adelaide Oval’s elite football facilities

www.sanfl.com.au/nextstep to register

Numbers are limited so register now to guarantee your spot
Registrations close Monday 7th September
Enjoy the

ROYAL ADELAIDE
SHOW 2015
SEPT 4-13
THE GREATEST SHOW ON EARTH

thanks to BankSA

Students - your free ticket to the Royal Adelaide Show.

Open a new Complete Freedom Student Account and activate your linked ATM card by 30 August 2015 and you will receive a Royal Adelaide Show concession ticket by email PLUS $20 in your new account!

For more information visit banksa.com.au/showtickets

Offer Valid from 20/7/15 - 30/8/15. 1. An email address must be registered at the time of opening the account. To open a Complete Freedom Student account you must be under 18 or a fulltime tertiary student or apprentice. 2. Customers must be 14 years or older and have an Australian residential address to be eligible for a Visa Debit Card. If you are not eligible, you may be offered a Freedom Card to access your account. 3. Within 7 business days of opening the new Complete Freedom Student Account and activating your linked ATM card, the $20 deposit will be deposited into the new account and the event ticket will be emailed to the email address supplied. Limit of one $20 credit and one Royal Adelaide Show concession ticket per person. Tickets are subject to the terms and conditions of entry to the Adelaide Showground, available at www.rahs.com.au. Not available with any other offer. Read the terms and conditions, available at banksa.com.au before making a decision and consider whether the product is appropriate for you. Fees and charges apply. BankSA – A Division of Westpac Banking Corporation ABN 33 007 457 141 AFSL and Australian credit licence 233714. BSA06717 (07/15)_A5
Children aged 12 and under who open a new Incentive Saver Account by 30 August 2015, will receive a Royal Adelaide Show child’s ticket by email.

Kids - your free ticket to the Royal Adelaide Show.

Children aged 12 and under who open a new Incentive Saver Account by 30 August 2015, will receive a Royal Adelaide Show child’s ticket by email.