From the Principal

Matthew 5:10 “God blesses those who are persecuted for doing right, for the Kingdom of Heaven is theirs.”

Dear friends and families

The weather over this last week has left no doubt that the seasons are changing! For most of us the warmer days and springtime blossoms are a very welcome treat. For those of us who have been involved in Senior Schooling for many years this change of season signals Year 12 examinations! As a community please keep our Year 12 students (and their families!) in your prayers as following the Term 3 holidays just two weeks of regular classes remain.

It was such a blessing seeing over 300 people share in the recent Junior School Fathers’ Day Breakfast (see below photo). It was an opportunity for so many fathers to drop their children off at school and receive a bacon & egg treat and coffee. What struck me most about the morning was the level of excitement in the eyes the students as they shared breakfast with their fathers. There was such a sense of community as the fathers were also able to network with each other over the meal. I would like to extend a big thank you to all the parents and staff who supported, coordinated and served at this great community building event.

Last week our Junior School students participated in ‘Student-Led Conferences’ whereby the students themselves shared their progress and learning milestones with their parents and siblings. Supported by their teachers, students took the leading role in communicating their own learning journey over the year directly to their parents. Teachers have commented on the level of engagement this approach has seen by students as well as the ability for parents to see their children take initiative and control over their learning experience. I would like to thank all the teachers for embracing this innovative and engaging school reporting process.

On Friday 4th September our SRC representatives from Year 3 to 6 visited Parliament House (see photo below) to learn more about how our democracy operates and how this leads to effective State Government processes and the role we can all play in important decision making in the future direction of our state and wider country. Exercising a similar skill set, 3 teams of Emmaus students (2 Junior and 1 Middle School) represented the College at the annual Tournament of the Minds (TOM) competition at Flinders University last weekend. Our students performed at an outstanding level with the Middle School team being awarded Honours for their effort. On behalf of the College I would like to extend my gratitude to the parents and staff involved in supporting this important culture building program.

With the change of Terms there are a few staffing changes I would like to make you aware of. I would firstly like to say farewell to Tom Chapman, Belinda Perry and Paul Reachill who conclude their time at Emmaus at the end of Term 3. They have made significant contributions to the College in their time here. As a community please pray for Tom, Belinda and Paul as they explore God’s next season for their lives. At the beginning of Term 4 we welcome Daryl Porter to Emmaus taking on the role of Physical Education Coordinator across the College. Daryl comes to us from Harvest Christian College where he served in the same role for the last five and a half years. Please make Daryl feel welcome as he joins the Emmaus community.

Blessings,

Andrew Linke
Principal
**Lost Property**

All lost property will be placed on a clothes rack outside the Front Office during the last week of Term (Week 10). Any articles not claimed by the end of this Term will be either given to the Uniform Shop, First Aid or donated to charity.

**Parents & Friends**

**Next Parents and Friends Meeting**
The next P&F meeting is on Thursday 17th September at 7.00pm in the staff room. This will be a time to look at P&F at Emmaus and how we can support the community in 2016. New and/or guest attendees are always welcome. Due to building work, please access via the front of school.

Future diary note: The final P&F meeting for 2015 will be on Thursday 19th November.

**Woolworths Earn & Learn**
This program has now come to an end. However, we are still collecting the stickers but they need to be handed into Student Services by Friday 18th September. Points earned will be used to purchase learning equipment and resources for our school community. Thank you for the many stickers and completed sheets that we have received.

**New Shoes for Term 4.....a reminder**
Emmaus Christian College Parents and Friends with Affordable School Uniforms are offering families the opportunity to purchase affordable, quality GROSBY and SLAZENGER leather school shoes. Simply visit affordableschooluniforms.com.au search for ‘my school’ and select Emmaus Christian College and order. There is a measuring guide available and further information at the uniform shop. Please allow 4 working days for delivery to the school.

Helen Grear
P & F President

**Junior School**

**Fathers’ Day Breakfast**
What a celebration of our fathers we had on Friday 4th September! It was very exciting to see so many fathers with their children at the Annual Junior School Fathers’ Day Breakfast. Over 300 fathers and children enjoyed a delicious breakfast of bacon, eggs, pancakes, quiches and muffins. A huge thank you to Lara Cleversley who coordinated the event. She was capably supported by a large band of parent helpers who baked, set up, cooked, served and cleaned up on the morning.

**Student Led Conferences**
Thank you to all our parents who attended the Student Led Conferences on Tuesday and Wednesday evenings. Teachers appreciated the time that parents spent listening to the children as they presented aspects of their learning. It was amazing to see our students showing responsibility and initiative as they reported their progress and challenges to their parents. Year 1 & 2 students did an excellent job in teaching their parents Maths and Literacy concepts and games.

**Adventures of Jungle Ridge**
Andrew Ready and his friend Ringo joined our Assembly on Monday to help students explore issues around friendships. He spoke to the students about what they can learn from Jesus’ teachings about friendship and helping those in need. It was a fun-filled adventure for all!

**Camps**
The excitement is building! In Week 10, Year 5 & 6 students will be on camp. The Year 6 students are going on the 5th National Capital Trip and will be leaving from Adelaide Airport to fly to Canberra for 4 very busy but stimulating days. The Year 5 students are spending three days at the Aldinga Caravan and Camping Park where they will be participating in some challenging and enjoyable outdoor activities. Please continue to pray for staff and students, for safety, a sense of community and a memorable time together.

**International Competitions**
Junior School students in Years 3 to 6 had the opportunity earlier this term of participating in the University of New South Wales International Competitions for schools. Congratulations to those students who competed in the Computer Skills, Science, Spelling and Writing competitions. Our students were very successful attaining a number of high distinctions, distinctions and credits. Well done!

**Junior School Theme for 2015**
"God lights our world and our way. A promise made and parents who say No!"  Week 9 Bible Verse – “You are to be Holy to me, because I the Lord am holy, and I have set you a part from the nations to by my own.” Lev 20:26

Annette Craven
Head of Junior School
Well done to students participating in the UNSW Global Australia Competitions held recently at the College. Congratulations to:

- Sam (Year 9) – High Distinction in Digital Technologies
- Domokos (Year 7) and Joshua (Year 9) - Distinction in Digital Technologies
- Nathan and Jessica (Year 8) and Jade (Year 9) – Credit in Science
- Domokos (Year 7) – Merit in Science
- Jack (Year 8) and Joshua and Mitchell (Year 9) – Distinction in Science

Andrew Edmondson  
Head of Middle School

**Student/Family Support Worker**

**Helping our children when they get angry**

Many children have difficulty coping with strong emotions – and in particular coping with anger. Whilst acknowledging that as adults we at times find this emotion difficult ourselves, there are things we can do to help our kids learn to regulate this emotion and to eventually learn mechanisms to help them deal with it in a healthy way.

It is best to talk with your children about these strategies when they are calm – teaching in the heat of the moment is never successful, and of course when we model good behaviour in this area ourselves it often has more impact than if we ‘say one thing and do another!’ But I personally know this can be tricky at times!

**Some tips to help children include:**

**Countdown till you calm down** – in the old days we used to say ‘count to ten!’ but children can be taught to count down from a number and while they are focusing on this they are taking the focus off their anger.

**Ask for a hug** – physical contact can often meet the needs that children cannot express. Teaching your children to ask for this without explanation means that they will find the physical contact comforting, it empowers them to see that when they are angry they still have choices and sometimes anger actually masks sadness and this then means they can find comfort – even if they do not have the words to say why they need a hug!

**Squeeze something** - Give your children a pillow to punch or a stress ball to squeeze so that they can grab it easily when they are feeling that pent up stress. This teaches them that no one needs to be harmed and that releasing pent up energy can be done in a safe and useful way.

**Talk to me** - Giving meaning to emotions is important, so teaching students statements such as ‘I feel angry when….’ means that they can learn to express themselves in words maybe not straight away but with a little practice. Learning to express yourself verbally when angry is a learned skill but in time your children will thank you for it!

**Some tips for parents include:**

**Empathy** - This does not mean give in, it means acknowledge how the child feels and empathize with their situation.

**Consequences** - These need to be realistic and carried through. Strive to always give the type of realistic consequences that can be actually carried out.

**Stepping Away** - This can be essential for parents! Stepping away as long as your child is safe gives you some room to breathe, calm down and then approach the situation without too much emotion clouding your judgment.


Sue Chapman  
Student/Family Support Worker

**College News**

**Casual Day - Friday 18th September**

A gold coin donation is requested from students and staff who wish to participate. Please note: Appropriate dress is ESSENTIAL.

No inappropriate slogans on T-shirts, no low-cut, strappy or midriff tops, no see through clothing, no short shorts and NO THONG type shoes are allowed. This is particularly relevant to ‘Home-Ec’ & ‘Tech’ lessons where this becomes a safety issue.

**Tournament of Minds**

On Sunday a three teams from Emmaus took part in the annual Tournament of the Minds competition at Flinders University. Well done to all the participants. All teams displayed exemplary behaviour, had fun, worked well together and performed to the best of their abilities. Congratulations to the Middle School team, Lexi (Year 7), Russel, Louisa and Jessica (Year 8) Iona, Cooper and Deepthi (Year 9) who received Honours!
Royal Adelaide Show Competitions
Well done to the students who entered into cooking and baking competitions at the Royal Adelaide Show.
Congratulations to:
• Hannah (Year 6) - 1st prize, Junior Baking, Gluten Free Section (chocolate roulade).
• Chelsea (Year 8) - 2nd prize, Junior Cookery (healthy, wholemeal corn and cheese muffins).
• Jessica (Year 8) - 2nd prize, Open Bread Section (focaccia).
Hannah was also awarded $50 from the Coeliac Society.

Nude Food Day - Eat well, live well and help the environment
Junior School SRC are hosting a 'wrapper free day' on Friday 16th October. This day was postponed from earlier this Term.
Please can parents minimise wrapping and packaging and reduce processed food for 1 day? This is an opportunity to reduce rubbish which impacts the environment. Fill lunch boxes with environmentally friendly food, eg, apples, bananas, grapes etc. Pack food into containers, not plastic and talk to your children about the decision we make every day that impact our environments health. Please see the 'Information for Parents' flyer at the end of this newsletter.
Please note: The Canteen will need to follow their normal packaging procedures for this day.

First Aid
Donations required
If you have any towels or single bed sheets in good, clean condition the First Aid room would love to take them off your hands. Please bring them to the Front office at your earliest convenience. Thank you.

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 4, Week 4, Thu 5th November - Junior School Music Showcase, 7.00pm in EPAC

Andrew Verco

Canteen Roster

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<tr>
<th>Week 9 T3</th>
<th>Week 10 T3</th>
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<tr>
<td>Mon 21st</td>
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<td>Tue 22nd</td>
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<td>Wed 23rd</td>
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<td>Thu 17th</td>
<td>Sharon Smith</td>
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<td>Fri 18th</td>
<td>Gina Smith</td>
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<td>Wed 14th</td>
<td>Alisa Wenzel</td>
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<td>Fri 16th</td>
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<td>Julia Barry</td>
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<td>Thu 22nd</td>
<td>Sharon Smith</td>
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<tr>
<td>Fri 23rd</td>
<td>Valda Burleigh</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
**Uniform Shop**

The opening hours during the school holidays are:

Week 1  **CLOSED**  
Week 2  Thu 12 noon - 5.00pm  
        Fri  8.30am - 1.30pm  

**2015 Normal Opening Hours**  
Monday  8.30am - 10.00am  
        3.00pm -  5.00pm  
Thursday  8.30am - 10.00am  
        1.00pm -  1.30pm  
        3.00pm -  5.00pm  

**Christine Blom-Cursaro**  
Uniform Shop Manager  

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**Community News**

**Quiz Night Fundraiser**  
Southland Vineyard Church are holding a quiz night at Emmaus Christian College on Friday 25th September at 7.00pm for a 7.15pm start. All money raised from this event will be donated to the Mae-Chan Children’s home in Thailand.  
BYO nibbles and drinks to share. Tea, coffee and water will be provided. Bring some gold coins to participate in planned games and activities. Tables of 10 at a cost $10.00 per head are still available. To book online and for more information please visit www.svc.org.au or phone Southland Vineyard Church on 8374 2022.

**Southern Cross Cultural Exchange**  
Getting to know another person, especially one from a different culture can be exciting, challenging and has its unique benefits. Department of Education-registered and approved Southern Cross Cultural Exchange (since 1983) is providing such a unique experience to help your children and family learn through bridging cultures, grow closer with one another, understand one another better and see the world in a new light. International exchange students from France, Germany, Italy, Japan, Finland, Denmark, Norway, Sweden and the USA are arriving in Australia to live as a local with volunteer Australian families and attend a local secondary school. The students, aged 15 – 17 arrive from February 2016 for 3, 5, or 10 months and are fully insured, with their own pocket money. If you have a spare room or bed, and a place at the family table, why not be the ‘heart’ of cultural exchange by becoming a volunteer host family?  
Expand your world for the whole family – all without any air tickets. Call S.C.C.E. now on 1800 500 501 or email scceaust@scce.com.au or visit www.scce.com.au and ask for our incoming student profiles, choose the nationality you prefer, and start having fun matching up your hobbies and interests.

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**Community Sports Holiday Programs**

**Cumberland United 2015/16 Soccer**  
Throughout 2015/16 Cumberland United Football Club will be holding All Day Community School Holiday Programs for 7 to 13 year old boys and girls. All sessions to be held at A.A. Bailey Reserve, Winona Avenue, Clarence Gardens.

**Dates for the programs:**  
Mon 28th September - Fri 2nd October 2015  
Tue 6th October - Fri 9th October 2015  
Mon 14th December - Fri 18th December 2015  
Mon 18th January - Fri 22nd January 2016  
Mon 25th January - Fri 29th January 2016  

**Times and Costs:**  
Morning Session 8.15am - 12.30pm $20.00  
Afternoon Session 12.30pm - 3.30pm $15.00  
All Day Session 8.15am - 3.30pm $30.00  

Bookings are essential as numbers will be limited, reserve your position by phoning Neil Young (Junior Football Director) on 0406 899 989 or email him at juniorfootball@cumberlandunited.com.au

**Sport for All - Life. Be in it™**  
Learn new skills in a non competitive environment at Unley High School. A great way to get out, get active and meet new friends. Cost is $40 per session and there is a $10 discount for the 3rd and subsequent sessions attended by the same child.

Tue 29th September to Thu 1st October - Netball (9.00am to 12.30pm) and Basketball (1.00pm to 4.30pm).  
Tue 6th October to Thu 8th October - Indoor Soccer (9.00am to 12.30pm) and Multi-Sports (1.00pm to 4.30pm).  
Please contact the Sports Clinic on 8272 2121 for further information.
What is Nude Food?

**Nude Food** is simply food that is not wrapped in foil, plastic or commercial packaging.

The best type of nude food consists mainly of fresh food, so that it is healthy and nutritious PLUS environmentally friendly.

Promoting Nude Food empowers students to make conscious choices about what they eat, and encourages them to think about their impact on the environment (and their health). You might be amazed with how enthused your child can become on this...

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**To pack a Nude Food Lunch or Snack, you will need:**

- Cutlery from home is better than throwaway plastic ones
- Plastic or metal drink bottles are recommended for refilling with water
- Reusable containers for putting all of your food, snacks and drinks into
- Lunch boxes that have lots of separate sections can be useful to avoid lost lids or containers

**Try to avoid:**

- Zip lock or plastic bags, plastic wrap or aluminium foil
- Tetra packed drinks, single serve yoghurts and cheese
- Single use plastic forks and spoons
- Prepackaged food, i.e. biscuits, snack bars and chips

**Tips for Packing Nude Food Lunches:**

- Try to involve the kids in helping decide what to take. This will help to avoid uneaten foods being thrown out, plus will save your family money as well. Also, remember to praise your child if they do eat something healthy which is new for them.
- Try to pack the lunches the night before and store in the fridge overnight to avoid the mad rush in the morning.
- If your child normally enjoys chips, yoghurt or other prepackaged snacks, buy these in a larger format and you can decant these into smaller reusable containers or lunchbox.
- If your child does enjoy chips, why not try making your own vegie versions using sliced beetroot, parsnip or sweet potato and baking in the oven?
- Try to use fruit and vegetables that are in season. Seasonal produce is friendly to the environment as well as to your budget, as less fuels are used to transport it into your supermarket.
Support the Emmaus Christian College Vietnam & Cambodia Trip.

Please purchase tickets and food from the Emmaus team at the door.

Every Legend Has A Beginning

PAN

Monday 28th September
6:30pm Session
Capri Theatre, Goodwood Road
Ticket Prices:
Adults $18  Students $16

Hugh Jackman as Blackbeard
Garrett Hedlund as Hook
Rooney Mara as Tiger Lily
Introducing Levi Miller as Peter Pan

PLEASE PURCHASE TICKETS AND FOOD FROM THE EMMAUS TEAM AT THE DOOR.
Free parenting seminar
The wonderful world of toddlers

Are you the parent or carer of a 1–3 year old?
Want to understand their feelings and behaviour?

Come and hear how you can connect with your toddler and help them thrive by:
• seeing things through their eyes
• helping them manage strong feelings
• guiding their behaviour.

Register to attend in person:
Online: http://parentingsa.eventbrite.com.au
Phone: 8303 1660
Email: health.parentingsa@health.sa.gov.au

Or

Register for the webcast:
Online: http://parentingsa.eventbrite.com.au
When you register you will receive login details

Wednesday 4 November
When: 7.15–9.00pm
Where: City Rooms
Adelaide Convention Centre
North Terrace, Adelaide

Presented by Parenting SA.
For more information about caring for your toddler go to www.parenting.sa.gov.au or www.cyh.com.

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

Helping parents be their best
Volunteer Overseas

Projects Abroad organise worthwhile and practical volunteer and work experience placement for year 10 & 11 students and school leavers in 29 countries.

Adelaide
Information Evening
23rd September, 6.30pm

Online
Information Session
21st September, 5.30pm

Reserve places
www.projects-abroad.com.au