

Important Dates

2018

February

Thu 1st

Whole School Photo Day

Fri 2nd

Pilgrim and Music Scholarships
Close

'Let there be Coffee' Coffee Van in
JS area 2.30pm - 3.30pm

Mon 5th

Rec - Yr 2 Parent Information
Evening @ 7.00pm

Mon 5th - Fri 9th

Yr 1 - 6 Water Safety Program

Tue 6th

Yr 10 & Yr 11 New to Senior School
Evening @ 7.00pm in EPAC

Wed 7th

Reception Students Day Off
Yr 3-6 Parent Information Evening
@ 7.00pm

Thu 8th

LAP Information Session

Fri 9th

'Let there be Coffee' Coffee Van in
JS area 2.30pm - 3.30pm

Tue 13th

Coffee Connect 9.00am in Staffroom
Middle School Parent Information
Evening @ 7.00pm in EPAC

Wed 14th

Reception Students Day Off

Fri 16th

'Let there be Coffee' Coffee Van in
JS area 2.30pm - 3.30pm

2018 Term Dates

Term 1

Mon 29 Jan - Fri 13 Apr

Term 2

Tue 1 May - Fri 6 Jul

Term 3

Tue 24 Jul - Fri 28 Sep

Term 4

Mon 15 Oct - Wed 5 Dec

(Term dates subject to change)

From the Principal

Proverbs 1 (NIV) The proverbs of Solomon son of David, king of Israel:

² for gaining wisdom and instruction; for understanding words of insight;

³ for receiving instruction in prudent behaviour, doing what is right and just and fair;

⁴ for giving prudence to those who are simple, knowledge and discretion to the young;

⁵ let the wise listen and add to their learning, and let the discerning get guidance;

⁶ for understanding proverbs and parables, the sayings and riddles of the wise.

⁷ The fear of the Lord is the beginning of knowledge, but fools despise wisdom and instruction.

Dear Families and Friends

I extend a warm welcome to you as we enter the 2018 school Year. As we start this year I would like to particularly welcome all new Emmaus families.

It is my prayer that the holiday period presented an opportunity for some quality family time including some rest and relaxation. According to the wise words of Proverbs 1, may the Lord be central to all the knowledge imparted to students at Emmaus during 2018. May we seek to do what is right, fair and just in all circumstances? Irrespective of our current levels of wisdom and discernment, may we all still seek the Lord's guidance, direction and goodness.

The 2017 school year concluded with some very exciting news in relation to our Year 12 results. We give glory to God for the successes of our students and I would like to say a special thank you to our teachers and families for their support and hard work too. The results of our Year 12 students are the culmination of years of hard work invested by staff at all year levels. Below is a brief summary of Emmaus' 2017 Year 12 results:

- 98.6% of all Stage 2 subjects were awarded a C- grade or higher
- 98.6% (68 of 69) of students successfully completed their SACE
- 39.8% of all Emmaus grades were in the A band - compared to 23.89% across the State
- 15 students received A+ scores and 7 Merits (perfect subject scores) were awarded

Of those students who qualified for an ATAR:

- 49% of Emmaus Year 12's (29 students) achieved an ATAR over 80
- 27% of Emmaus Students (16 students) achieved an ATAR over 90
- 11.8% of Emmaus Year 12's (7 students) achieved an ATAR over 95

The above 11.8% demonstrates that Emmaus' high over representation in the A band goes all the way to the very top of the scale. The highest 2017 ATAR for Emmaus was 99.15. Finally twelve Emmaus Year 12 students achieved "straight A's" across all their subjects.

These results at Year 12 level are consistent with our 2017 NAPLAN results at Years 3, 5, 7 and 9 for Numeracy and Literacy which saw our Emmaus students perform 8% above State averages. This represents an average advancement of 15 months ahead compared to their same age average State counterparts. Ultimately we give glory to God for the successes of our students and a special thank you to our teachers and families for supporting all our students across the College to achieve such impressive results. As a College we now turn our attention towards the 2018 academic year ahead with faithfulness and optimism.

Position Available – Performing Arts Assistant

Emmaus is seeking to appoint a two day a week Performing Arts Assistant to support the College's performing arts program. A full job description and application details are available on the College website under 'Positions Vacant'. Please share this opportunity with appropriately experienced friends, families and Church associates.

Weekly Prayer Connect

Thursday Morning

8.30am - 9.00am



Blessings,

Andrew Linke

Principal

Student Wellbeing Coordinator

Welcome to a new school year and a special welcome to any new families who are joining us this year at Emmaus.

Over the holiday break I was interested to read a number of articles on the importance of instilling resilience in our children and teens.

"When young people are resilient, they cope better with difficult situations. They 'bounce back' when things go wrong. Young people need resilience to navigate life's ups and downs, so building resilience is an important part of adolescent development." Raising Children Network.

May I encourage you as the year begins, to impress on your children the importance of 'doing things for themselves'. As a parent I know it can be quicker, easier and sometimes much less hassle to do things for your children. Much of the recent research however suggests that you are making things much more difficult for yourselves as parents down the track by doing too much for your children early. Even young children are quite capable of doing many things for themselves.

"Resilience is more than just coping. When you're resilient, you're more prepared to seek new experiences and opportunities and take reasonable risks to achieve your goals. Risk-taking might mean some setbacks, but it also creates opportunities for success and greater self-confidence." Raising Children Network.

As the Student Wellbeing Coordinators, both Ben Squire and myself are available to speak with students and parents about resilience and any other issues you would like to discuss. Parents are invited to contact us at school via email or by phone and we look forward to hearing from you.

Student Wellbeing Coordinator's hours for 2018:

Sue Chapman		Ben Squire	
Monday	8.30am - 3.30pm	Monday	8.55am - 1.35pm
Tuesday	8.30am - 5.00pm	Tuesday	-
Wednesday	-	Wednesday	1.30pm - 4.30pm
Thursday	8.30am - 4.00pm	Thursday	-
Friday	8.00am - 3.30pm	Friday	-

Student Wellbeing Coordinator direct line 8292 3828

Email schapman@emmauscc.sa.edu.au or bsquire@emmauscc.sa.edu.au

Sue Chapman
Student Wellbeing Coordinator

Sporting News

Welcome back to Term 1. We hope you had an enjoyable break with family and friends and are looking forward to the year ahead.

2017 was a year of significant growth and a successful year for many individuals and teams on and off the sporting fields which we hope to continue this year. Students who were a part of this success will understand that it just does not happen overnight. The best way to maintain this success individually and in teams is to have all members attend practices, encourage and challenge one another to help improve themselves and to make the experience enjoyable for all. We want your children to have a positive experience in Sport and continue to be active and involved in sport outside school or once they have completed their studies, living a healthy and active lifestyle.

This year we will again be offering the same extra curricula sports as we did last year and are also looking to include some new sports to increase student involvement depending on the amount of student interest. This year we will be regularly communicating Sporting matters through the College newsletter such as the various sporting opportunities that your child/ren could possibly be involved in, competitions, trial dates for sporting teams and coaching clinics. Some of these extra curricular sporting opportunities occur after school hours during the week or on Saturday mornings/afternoons. Parental assistance is always appreciated as some of these teams would not be possible to run without your support. If you are interested in assisting with your child's sporting team please inform us through the consent form for that particular sport or via email as we can then support you in completing the required documents.

To begin the year, Term 1 is going to be busy in regards to the College's sports program. This term we will be having our annual Year 1 - 6 Swimming Safety Week in Week 2, which is all so important in learning how to be safe in and around aquatic environments. Year 3 - 6 and Year 7 - 12 Swimming Carnivals in Week 5, Year 3 - 6 and Year 7 - 12 Sports Day Carnivals in Week 8 and for the first time Year 3 - 9 Cross Country Carnival in Week 11. For each event more specific details will be communicated to you nearer the time.

If you have any questions or queries about Sport this year please contact myself or Steph Dolman, College PE Assistant via email or at the College.

I am looking forward to working with yourselves and your children this year across a variety of sporting pursuits and pray that it will be a memorable experience.

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

Uniform Shop

2018 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

Canteen Roster

Week 1 T1

Thu 1st February **HELP NEEDED**
Fri 2nd Nancy Pantelis

Week 3 T1

Mon 12th No help needed
Tue 13th No help needed
Wed 14th Blake Watson
Thu 15th **HELP NEEDED**
Fri 16th Karen Baker

Week 2 T1

Mon 5th No help needed
Tue 6th No help needed
Wed 7th Katherine Papazoglou
Thu 8th **HELP NEEDED**
Fri 9th Helen Talbot

Week 4 T1

Mon 19th No help needed
Tue 20th No help needed
Wed 21st Sam Allison
Thu 22nd **HELP NEEDED**
Fri 23rd **HELP NEEDED**

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.

Christine Blom-Cursaro and Sharon Hughes

Careers Corner

Welcome to 2018!

I am excited and privileged to work with a large cohort of VET students this year. Our students will be studying Child Care, Aged Care, General Construction, Automotive, Animal Studies, Fitness, Music, Hospitality and Event Management and Electrotechnology.

I would also like to celebrate some exciting news from our 2017 VET students:

- Emma S who studied a partial Certificate III in Business Administration, successfully gained a full time administrative traineeship with Enhanced Lifestyles.
- Victor W studied a Certificate III in Individual Support (Ageing), gained employment as a Personal Care Worker with Fullarton Lutheran Homes and will study a Diploma in Health Science at UniSA this year.
- Ben P studied a Certificate II Automotive, accepted a full time diesel mechanic apprenticeship with Lucas Construction and commenced in January.
- Ben G who studied a Certificate II Electrotechnology in our Trade Training Centre, gained a full time apprenticeship with PEER and commenced in January.
- Karl R studied a Certificate II Automotive, has secured a position in Airbase Protection with The Australian Defence Force.
- Nathan F was offered a position to study a Bachelor of Law at Flinders University.
- Hayley M who studied a Certificate III in Early Childhood Education and Care, has accepted a position to study a Bachelor of Nursing at University of Adelaide
- Don D who studied a Certificate III in Individual Support (Ageing), has successfully gained a position as a Personal Care Worker with Fullarton Lutheran Homes and will study Bachelor of Medical Science at Flinders University.

Congratulations to all the students. Their hard work and commitment has been rewarded with excellent results.

I am looking forward to working with and supporting our 2018 students through their VET journey this year. It is going to be a great year!

If you have any queries regarding Vocational Education, please email me at ctorjul@emmauscc.sa.edu.au

Cathy Torjul
VET Coordinator

College News

College Scholarships

ACEP Scholarships have now closed.

Students applying for the Year 8 ACEP Scholarship are reminded that the exam date is Saturday 3rd February, commencing at 9.00am. Information regarding this was posted on 24th January. Please contact Barb Greenslade on 8292 3834 should you have any queries.

Applications for Pilgrim and Music Scholarships close on Friday 2nd February. Please visit our website, under the student tab for more details.

Junior School Assembly

As from Monday 5th February (Week 2), Junior School Assembly will now commence at 9.00am.

Coffee Connect will commence in Week 3

The next Emmaus Coffee Connect (ECC) group will meet on Tuesday 13th February (Week 3) and will continue to meet every Tuesday from 9.00am - 10.00am during each Term.

Community News

MarionLIFE 2018

MarionLIFE are pleased to offer the following services in 2018:

Community Meal; Brekky for Blokes; MarionLIFE Youth; Emergency Relief; Community Garden; Christmas Day Lunch; Justice of the Peace (JP); Free Weekly Bus to Foodbank; Financial and Budget Counselling; Tax Help; Community Nurse; Money Matters Course; Big Dish Up Cooking Course; Marion Mugs (Coffee and Chat); No Interest Loan Scheme (NILS); Aboriginal Parents and Caregivers Group; Family Mental Health Support Service (Baptist Care).

For more information about each service, contact MarionLIFE by email info@marionlife.org.au or telephone 8277 0304.

Meals at MarionLIFE

Community Meal started back on 8th January and is on every 1st and 3rd Thursday night of the month at 6.30pm. All welcome, no booking required. Enjoy a two course meal cooked by creative chefs and only pay what you can afford.

Brekky for Blokes starts back on 9th February and is on every 2nd and 4th Friday of the month at 9.00am. Great time out and a filling hot breakfast. All men welcome, no booking required. Gold coin donation.

Money Matters

FREE six week course in mastering your money. The next course starts Wednesday 14th February 9.30am - 12.30pm. Bookings are essential through MarionLIFE, 887 Marion Road, Mitchell Park or telephone 8277 0304.

Topics covered: How to save money; Goal setting; Assertiveness; Getting organised; Affirmations; Scams and Poverty Traps; Centrelink issues; Family Budgeting.

This foundation skills course is funded through the Government of South Australia's *WorkReady* initiative.

MarionLIFE Youth

MarionLIFE Youth is a youth drop-in space for local 10-17 year olds in our Youth Centre building between 3.00pm - 5.30pm on Fridays, only during school Terms, starting back on 9th February. This service includes a safe 'hang-out' space with fun activities, life skills workshops and a healthy light meal. It also provides the opportunity for young people to access information about other relevant support services depending on their needs. This youth project is funded through the City of Marion Youth Grants Program.

Volunteer Opportunities Available

MarionLIFE's services are made possible by volunteers generously giving their time and passion - if you would like to volunteer in any of their services, to support your community, build friendships and gain valuable experience, please let them know!

Gifted & Talented Children's Association of South Australia - Saturday Club Term 1

The theme for this Term is 'Practical Life'. Each session has been designed to grow life skills that will help your children navigate some of the more practical aspects of life from emotions to responding to an emergency. For further information telephone 0422 246 476.

Anger/Anxiety/Disappointment - Saturday 11th & 24th February and 24th March - Ages 5-8 years

How to Manage these emotions. Join Britta Jureckson reviewing topics and strategies to recognise and manage these emotions.

[To register on this course click here](#)

Practical Life/First Aid - Saturday 24th February - Ages 7-12 years

Learn a range of age appropriate First Aid skills delivered by St John Ambulance South Australia. This program is tailored to empower primary ages children to recognize and take action in an emergency. Skills include danger assessment, dealing with the unconscious, bleeding, bites and other injuries.

[To register on this course click here](#)

Resilience/Breaking the Cycle - Saturday 17th March - Ages 5-10 years

An activity based training session to help children identify and respond to the issue of bullying in their life. The children will also be introduced to the THINK tool which assists them to break the cycle when they act or react to their peers. Inclusive in this activity will be a short revision session in Term 2 to allow students to reflect on their experiences since this first session. The program will be delivered by Scouts SA.

[To register on this course click here](#)

Practical Life: Maps, Compasses and Getting from A to B - Saturday 11th February (1 session) - Ages 7-12 years

Which way is Up? What do the different lines on a map mean? What are co-ordinates? Why are there two Norths? How do you use a compass or the lay of the land to navigate? Come and join us for a practical look at how to exist without a GPS or iPhone to depend on. Delivered by the practical outdoor people of Scouts SA.

[To register on this course click here](#)

Practical Life: Knots, Lashing and Building a Catapult - Saturday 17th & 24th March (2 sessions) - Ages 6-12 years

Can you tie a knot that will not come undone when under load? How do you join dissimilar ropes? What are the technics for making a raft that will not fall apart as your head down the river? Now you are ready to return and apply these skills to a team based activity making a catapult or other bush craft challenge.

[To register on this course click here](#)

Young Urban Farmers' Market at Cove Civic Centre - an associated Tasting Australia event

Are you a young, aspiring urban farmer with produce, plants or product that you would like to sell at the Young Urban Farmers' Market on Saturday 14th April between 9.00am and 11.00am?

Expressions of interest can be sent via email to Tracey Noah at tracey.noah@marion.sa.gov.au

Please include your name, age and the product/s you would like to sell. Expressions of Interest close Friday 16th March.

Why not join them to showcase the fresh, sustainable produce of local young urban farmers in a market environment. We aim to encourage our young farmers' entrepreneurship, community spirit and to promote and support healthy and sustainable lifestyles.

Please note that we cannot accept the sale of eggs - there are rules and regulations around selling eggs and accreditation is also required due to egg food safety.

Rose Park Psychology Wellbeing Programs

Located at 30 Kensington Road, Rose Park Psychology are currently taking enrolments for the following programs:

What's the Buzz? for Early Years (5-7 year olds) and What's the Buzz? for Primary Years (8-10 year olds)

What's the Buzz? is a social skills program that is designed for all children.

These fun, engaging and role-play based 16 session programs target the following themes:

- Greeting others
- Making and keeping friends
- Fitting in
- Reading one's own emotions
- Reading the feeling of others
- Dealing with competition
- Coping with worry, frustration and disappointment more constructively

An information session for parents/caregivers is being held on Wednesday 7th February, 6.30pm - 7.30pm at Rose Park Psychology. Limited places are available, please RSVP by Monday 5th February.

MindUP (11-15 year olds)

The MindUP Curriculum is suitable as an extension or enrichment program for children who are Gifted and/or Talented, and children who would like to develop their ability to live more mindfully.

The program will be running regularly throughout 2018 (8 sessions in total).

The program is:

- Science centric and evidence base
- Grounded in neuroscience, positive psychology, mindful awareness, and social and emotional learning
- An immersive discovery experience along with daily practices
- Promoting of positive behaviour - improves learning and scholastic performance while increasing empathy, optimism and compassion
- Brought to life by a teacher in a classroom

To enrol a child or for further information, contact Rose Park Psychology Admin at admin@roseparkpsychology.com.au or 8333 0940.

Learning Assistance Program

We need your help!

Are you a parent, grandparent, old scholar or community member?

*Do you have **40 minutes a week** to spend with one student?*

*Did you know you can **help a child** to:*

- Develop greater self-esteem and confidence
- Learn more about themselves and others
- Reinforce to them that they are special?

If your answer is YES...

Please come to the LAP information session on Thursday 8th February at 2.00pm or contact Carolyn Adams (LAP Coordinator) on 8292 3849

Enjoy some Afternoon Tea whilst learning more about this valuable program

The children in this program may:

- *Be aged between 5 and 12 years*
- *Need help and encouragement with class work*
- *Have an interest or talent to be developed*
- *Be experiencing difficulties with learning*
- *Need someone to listen and show they care*



CANTEEN PRICE LIST 2018

*Indicates items free of certain additives(see over page for list)

GF indicate Gluten Free Products

V Vegetarian

<u>SUSHI</u>		<u>WEDNESDAY ONLY</u>		<u>HOT FOOD</u>	
Smoked Salmon GF /Teriyaki Chicken/Cooked Tuna GF /	2.50	Vegetarian spring roll*	1.00	Garlic Bread	2.00
Vegetarian GF /California Rolls GF	2.50	Pizza: Ham & Pineapple/Cheese & Bacon	2.00	Potato wedges	2.00
Soy Sauce	.10	Potato wedges	2.00	Hot dog NO sauce	3.30
Chicken `cold roll` Salad	WEDNESDAY ONLY 5.00	Hot dog WITH sauce	3.50	Light pie or pasty	3.50
Beef `cold roll` Salad	WEDNESDAY ONLY 5.00	Light potato pie	3.50	Light pizza pie	3.50
Butter Chicken with Rice	WEDNESDAY ONLY GF 5.00	Spinach and cheese roll	3.50	Wholemeal vegetarian pasty ORDERS ONLY	3.50
Malaysian Chicken with Rice	WEDNESDAY ONLY GF 5.00	Tomato sauce*	.20		
1/2 VIETNAMESE ROLL THURSDAY ONLY					
Please give an alternative on lunch order bag					
Thai Chicken / Butter Chicken / Roast Pork / Tofu V	2.50				
<u>BAGUETTES - White or Wholemeal</u>					
Meatballs, tomato sauce, lettuce, grated cheese ORDERS ONLY	3.50	<u>ORDERS ONLY – BURGERS</u>			
New Falafel, carrot, lettuce, mayo V	3.50	For a lighter option choose a Tip Top Thin			
Chilli chicken strip, carrot, lettuce, mayo	3.50	Mark clearly on lunch order.			
Chicken strip, carrot, lettuce, mayo*	3.50	Vegetarian:Vegetarian patty, carrot, tomato, cucumber, lettuce, mayo	4.00		
Chicken and salad *	4.50	Beef: Beef patty, lettuce, mayo, tomato sauce*	4.00		
Salad=lettuce, cucumber, tomato, grated carrot, mayo		Chicken: Crumbed chicken patty, lettuce, mayo	4.00		
<u>SANDWICHES - Wholemeal Only - ORDERS ONLY</u>		GF is available in the chicken with GF bread.			
Buttered	1.20	MARK clearly on lunch order.			
Vegemite	1.60				
Light Cheese*	3.00	<u>SNACKS</u>			
Salad: Lettuce, carrot, tomato, cucumber, grated carrot & mayo	3.50	3 Jatz biscuits*	0.30		
Meat: Chicken* or Ham	3.50	Fruit strap* GF	0.50		
Light Cheese and salad*	4.00	Go cookie*	1.00		
Meat: Chicken* or Ham and salad	4.00	Grainwaves	1.00		
Salad=lettuce, cucumber, tomato, grated carrot, mayo		Chips: plain, honey soy, veg chips GF	1.00		
GF bread is available. MARK clearly on lunch order.		Fruit in season*	1.20		
<u>WRAPS - ORDERS ONLY</u>		Light choc muffin	1.50		
Chicken & salad*	4.00	Gingerbread kids	1.60		
Chilli chicken strips, lettuce, carrot, mayo	4.00	Banana bread*	2.00		
Chicken strips, carrot, lettuce, mayo*	4.00				
New Falafel, carrot, lettuce, mayo V	4.00	<u>ICEBLOCKS (over the counter ONLY)</u>			
*Salad=lettuce, cucumber, tomato, grated carrot, mayo	4.00	Fruit tubes	0.50		
<u>SALADS TERM 1 & 4 ONLY - ORDERS ONLY</u>		Juicies*	1.00		
Ham & salad	4.00	Moo - Strawberry/Chocolate*	1.00		
Cheese & salad* Gluten Free	4.00	Lifesaver Icy Pole*	1.00		
Chicken & salad* Gluten Free	4.00	Lemonade Icy Pole*	1.00		
<u>HOT FOOD - TERM 2 & 3 ONLY - ORDERS ONLY</u>		Frosty Fruit*	1.00		
Spaghetti Bolognese with fork	4.50	Frozen yoghurt - strawberry	2.00		
Vegetarian Lasagna	4.50				
<u>EXTRAS</u>		<u>DRINKS</u>			
Spoon/Fork	.10	500ml Thank You Water*	1.50		
Mayo*	.20	250ml Just Juice*	1.50		
Tomato Sauce*	.20	250ml Up & Go (Chocolate*/Strawberry*/Vanilla*)	2.00		
Light cheese slice*	.50	250ml Oak Strawberry*/Chocolate*	2.00		
Salad item*	.50	350ml Golden Circle:Apple/Orange	2.20		
		Apple Blackcurrant*			

CANTEEN PROCEDURES & RULES – 2018

ALL STUDENTS please print your name, class and year level CLEARLY on your lunch order bag so we can read it easily.

1. ORDERING

Junior Student Orders

Please place your lunch order in the class Canteen lunch box. The class Canteen box will be taken to the Canteen by the class monitors.

Junior Recess Orders

Junior students must place an order for recess and collect it from the Canteen at recess time. Place the recess order in the Canteen lunch box. Mark items required for recess clearly on your order. The Canteen window is not open for sales at Junior School recess. Junior students are not to come to the Canteen window at recess unless collecting a recess order.

Secondary Student Orders

Please place your orders by 9.30am in the blue Canteen box outside Reception.
Secondary lunches can be collected from the Canteen in the first 10 minutes of lunchtime.

All Students Late For School

Lunch orders can be left at Student Services or Reception before 9.30am. If students arrive after 9.30am, they are required to take their orders direct to the Canteen.

Teachers

Please order lunches before 9.30am and place in the blue Canteen box outside Reception.

NOTE:

- There will be **no** orders taken at recess time unless a student is late to school.
- Please do not order iceblocks. They can be purchased direct at lunchtime.
- Should orders miss the deadline, not all items are available.
- There are some foods that can only be purchased if ordered, e.g. sandwiches, rolls, chicken burgers and spaghetti.

2. CREDIT/FORGOTTEN LUNCHES

Junior Students

The Canteen **does not provide** credit. Junior students forgetting their lunch or money should report this to their teacher as soon as possible. They should go to Student Services or Reception by 9.30am, where arrangements will be made with the Canteen to supply an emergency lunch (a piece of fruit for recess \$1.20 and baguette for lunch \$3.50). Payment will be required the following day.

Secondary Students

Report directly to the Canteen Manager.

Canteen to supply an emergency lunch (a piece of fruit for recess \$1.20 and baguette for lunch \$3.50). Payment will be required the following day.

3. LUNCH BAGS

Please ensure a supply of lunch bags is kept at home. Lunch bags can be collected from the Canteen or at Student Services.

*** Indicates items free of the below additives**

AVOID THESE ADDITIVES

COLOURS	102, 104, 110, 122, 123, 124, 127, 129, 132, 133, 142, 143, 151, 155 natural colour 160b (annatto)
PRESERVATIVES	<i>Sorbates:</i> 200, 201, 202, 203 <i>Benzoates:</i> 210, 211, 212, 213 <i>Sulphites:</i> 220, 221, 222, 223, 224, 225, 226, 227, 228 <i>Nitrates, nitrites:</i> 249, 250, 251, 252, <i>Propionates:</i> 280, 281, 282, 283
SYNTHETIC ANTIOXIDANTS	<i>Gallates:</i> 310, 311, 312 <i>TBHQ, BHA, BHT:</i> 319, 320, 321
FLAVOUR ENHANCERS	<i>Glutamates incl MSG:</i> 620, 621, 622, 623, 624, 625 <i>Ribonucleotides:</i> 627, 631, 635 <i>Hydrolysed Vegetable Protein (TVP)</i>
ARTIFICIAL FLAVOURS	No numbers since they are trade secrets

Thank you for your cooperation.

Christine Blom/Sharon Hughes
Canteen



2.30pm — 3.30pm

Every Friday (unless stated otherwise)

In the
Junior Primary Area

Coffee Van

Afternoon

