

Next College Newsletter: Wed 28th March 2018

Please email your articles to: newsletter@emmauscc.sa.edu.au

Important Dates

March

Thu 15th

JS Principal Tour @ 9.15am
Yr 8/9 & Open SACSA Table
Tennis

Fri 16th

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

Wed 21st

Yr 3 - 6 Athletics Carnival @
Bowker Street Oval

Thu 22nd

Yr 7 - 12 Athletics Carnival @
Bowker Street Oval
Autumn Instrumental Evening @
7.00pm in EPAC

Fri 23rd

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

Mon 26th

R - 12 Catchup/Sibling Photo Day

Tue 27th

Easter in the Mall
MS/SS Parent Teacher Interviews
3.30pm - 8.30pm

Wed 28th

MS/SS Parent Teacher Interviews
3.30pm - 5.30pm

Fri 30th

Public Holiday - Good Friday

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)

Weekly Coffee Connect

Tuesday Morning

8.45am - 9.45am



Weekly Prayer Connect

Thursday Morning

8.30am - 9.00am



From the Head of Middle School

Dear Families and Friends

This year we enjoyed a significant and moving Departure Ceremony for Year 9 students and their families. The evening started together with shared refreshments then we gathered in the Emmaus Performing Arts Centre to hear a little about how together, we can support the transition from childhood to adulthood for the young people in our community.

Families then moved to classrooms to share in memories and keepsakes that best represented their son or daughter's childhood. There were tears of joy, smiles, laughter and fond memories remembered. We concluded the evening with a powerful time of prayer as parents and children remembered childhood and commissioned them on their journey towards adulthood.

After sleeping over at the College, Year 9's woke up at 5.00am to arrive at Mount Lofty Summit for sunrise. There, their parents were waiting in surprise to welcome them and celebrate the beginning of their Rite Journey. This was a deeply spiritual moment in which students received a special letter written by their parents/caregivers. We had breakfast at the Summit Restaurant, walked down the Lofty trail, and then headed to Challenge Hill for a day of team work, fun and reflection.



Andrew Edmondson
Head of Middle School

and **Ben Squire**
Rite Journey Coordinator

Parent Coffee Connect R - 12, Tuesdays 8.45am - 9.45am



We warmly invite all parents to join us for coffee/tea in the Staff room on Tuesday mornings. Please note the change in start time beginning at 8.45am. Feel free to stay for as little or as long as your schedule allows at any time throughout the hour. Parents of Junior Primary children are still encouraged to hear their children read prior to joining us. Chaplain Adam Wood, Student Wellbeing Coordinator Sue Chapman and Community Relations Coordinator Sonia Wood also visit us during the hour. Picture above taken in Week 6.

Helen Vonow

R - 12 Community Portfolio

Junior School News

Swimming Carnival News

The Lord blessed us with perfect weather for the Junior School Swimming Carnival at Marion Pool. Congratulations to Topaz for their success on the day. It was great to see so many parents out supporting this event. Our sincere thanks to Daryl Porter, for his outstanding organisation and support.



Enrolment Interviews - Reception 2020

Please be advised we have been conducting Reception enrolment interviews for January 2020. If you are a current family of the school and have not yet submitted an application for your son/daughter who is due to start Reception in January 2020, we encourage you to contact Barb Greenslade, College Registrar as a matter of urgency. Reception places for 2020 are in high demand and we would not want any siblings to miss out. Likewise, if you have not made contact with us for January 2019, it would be a good idea to do this before the Principal Tour is held tomorrow.

Special Guest Presenters at Assembly

Sean W Smith - Singer/songwriter Sean W Smith presented an energetic and dynamic Christian message to all R - Year 6 children in Week 5. He shared that because we are not perfect, we need Jesus. It is only through Jesus that we experience true cleansing and restoration with God. The Holy Spirit fills us with love which overflows to others in our daily lives.

SMG Hope Downloaded - School's Ministry Group shared a powerful message during Week 7 Assembly. They encouraged children to never give up hope; to work hard and focus. God can choose anybody to fulfil His plans and purpose on this earth.

Peer Mediation

On Monday in Week 5 all Year 6 students were involved in a two day leadership programme focussed on 'Peer Mediation'. During this time students were trained in conflict resolution strategies to assist younger students in the school yard. There will be some special sharing about these training days during our next Assembly in Week 8. All are welcome!

Helen Vonow

Head of Junior School

Compass Conference

From 2nd to 6th March, I had the privilege of chaperoning our three captains and three vice captains to this wonderful Christian Leader's Conference in Canberra. It was a four day conference that focused on developing our leader's faith, leadership skills and an understanding of their place in God's world. Moreover, the students formed great friendships with other students from Christian schools around Australia and had a whirlwind tour of Canberra's iconic sites. I also made a few interstate friends! Possibly one of the highlights for the six students was when they tackled the Escape Room in record time, participated in a high energy Barn Dance and that they were not forced to attend the National Art Gallery with me!

Andrea Grear
Head of Senior School



Sporting News

Term 1 is now beginning to get busy for sports in the College, with so many after school, interschool and extra curricular opportunities taking part for all ages.

During Week 5 we had our annual Year 3 - 6 and Year 7 - 12 Swimming Carnivals at Marion Outdoor Swimming Centre. The Year 3 - 6 Carnival had perfect weather and overall conditions. Many parents and family members attended to support their children. This year the total amount of students participating increased across all three houses, which is great to see as the Carnival is not necessarily about winning but being active with their friends and continuing to develop confidence in an aquatic environment. Marilyn Monroe said, *"Don't let your fear of failing triumph over the joy of participating"*. The overall winner for this Carnival was Topaz with 1496 points, second was Emerald with 1310 points and third place was Ruby with 958 points.

The Year 7 - 12 Carnival had all four seasons in one day, it is hard to believe that these Carnivals were run on back to back days. Willing participation was the reason the overall champions won in such convincing manner. The same House also won the Spirit Cup, a feat that is not usually achieved. In first place was Emerald with 793 points, second was Topaz with 641 points and third place was Ruby on 490 points.

Students who performed well on the day were selected to represent the College in the first SACSA Swimming carnival in many years held at the Indoor Adelaide Aquatic Centre. The SACSA event was a great event allowing more of our students to display their skills and abilities. Emmaus finished sixth, with ten schools participating. Many of our swimmers will be able to compete again next year as we had no Year 12 students participate, while other schools' entire open squads were all Year 12's. Bring on 2019!

Running Club continues to be a big hit with the Primary students and parents. There are continually over thirty people active early in the morning pushing one another and reaping the benefits of being more physically active. If you or your child is interested in participating in this FREE Running Club taken by instructors, it would be great to see you on Tuesday's from 7.30am to 8.10am. After the session you can join in the ECG for coffee in the staff room. This is a great opportunity to meet parents and be a part of a wonderful community.

Monday, Week 6 was our first after school Cricket Clinic for the Term. It was a great opportunity for students to take part in some cricket skill development and then play in a match. Thank you to Paul Miller for assisting with these clinics. If your child would like to take part, a consent form must be completed and given to Students Services. We will not be allowing students to just come and take part due to safety reasons.

In Week 8 this Term will be the annual Sports Day for Primary and Middle/Senior Schools. These days are compulsory for all students and their participation is so important for their House's overall success. These opportunities are not easy to organise and are done for all students to be involved in some capacity supporting their team members and being a part of the Emmaus Community. Many students do not participate in certain events due to hearing about or seeing the nomination of another student in the same event who they consider to be very good, therefore think it is not possible to win. This is not the case. If we all thought along the same lines never trying due to thinking someone would defeat us then Steven Bradbury would not have won the Short Track Speed Skating Gold Medal at the 2002 winter Olympics, rather just given the medal to the favourite. You have to be involved and compete to be in a chance for success and this success is not measured only by first, second or third place but feeling good, a sense of achievement and personal satisfaction. Mary Docter said *"Win or lose, I'll feel good about myself. That's what is important"*.

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

College News

Boys Connections

Boys Connections has begun well this year. We have some new leaders who are volunteering, as well as returning leaders from last year. They are a group of high character, young men who are willing to sow into the lives of the Year 7's, 8's and 9's. This week we completed a challenging obstacle course, utilising trust, communication and a lot of laughter.

Ben Squire



Student Wellbeing Coordinator

Sleep

Many teachers who observe students in their classes are reminded of the importance of sleep for young people. Teachers often report that children and teens come to school showing signs of tiredness, forgetfulness and can even hear students say things like, "I'm tired" and "I didn't get enough sleep last night because..." Whilst this can be a controversial subject in many families, the research is clear that getting enough sleep has flow on effects for a young persons physical and mental health and their school performance.

If you are struggling with how to handle this issue in your family or with the teens known to you, Kirrilie Smout from Developing Minds Psychology has some excellent tips. For the link to the article '12 Facts to tell your Child About Sleep' click [here](#). In this article, Kirrilie offers practical evidence based suggestions which will help to educate your child on sleep and provide a good starting point for discussions around this in your home.

If you would like to discuss this or any other issue affecting your young people, please contact either Ben Squire or myself at the College.

Sue Chapman
Student Wellbeing Coordinator

First Aid

Communication

From time to time students may become unwell or sustain an injury whilst at school. It is important that parents/caregivers advise the College of any change of phone number or email address so that we can contact you.

When students attend the First Aid Room with minor injuries or illness, the First Aid Officers inform parents via an email providing brief details regarding the nature of the problem, the treatment provided, the time that the student booked in to the First Aid Room and the time they returned to class. The email is sent as part of standard procedure and DOES NOT require a parent response.

In the case of a more serious injury or illness the First Aid Officers will phone parents directly, or emergency contacts if parents are unavailable.

In an emergency, staff will administer emergency First Aid and phone for an ambulance and call family/emergency contacts as required.

If your child comes to school with a pre-existing injury or any other issue which we need to be aware of, please inform the First Aid Officers so that we can be aware. We would like to advise, however, that First Aid assistance is generally for First Aid only, not for ongoing treatment. Where deemed necessary, First Aid Officers can offer some ongoing support to students at school, however please contact us or the Head of School first to discuss.

If you need to talk about any matters with one of the First Aid Officers, please do not hesitate to call. Thank you.

Ros Argent and Maria McIver
First Aid Officers

From the Chaplain

Social Justice Retreat

It was wonderful to see nearly 30 students attend the Social Justice Retreat, on Thursday 8th March at College. Social action is part of our ECCO group (Emmaus Christian College Outreach). Our time began with a devotional thought exploring what it really means to live out the challenge given us in **Micah 6:8**. Following this was a few rounds of the 'Yes/No game', where your answers can only be 'Yes or No'! It is a great way to get to know other people. I think the students enjoyed asking Miss Amy Chesser and myself some questions! We then began an interactive role play game looking at global distribution of resources/capita. It was challenging and insightful as students saw a visual representation of 'wealth' amongst the class. Some were jealous of others by the end, but it also drew out responses reflecting the inequality and injustice facing so many people.

The Social Justice Group will be having regular lunchtime meetings throughout the year to help students engage with and lead initiatives within the College that focus on the poor, marginalised and oppressed; both locally and abroad.

Easter Prayers

I trust that you have had the opportunity to see the Purple Bows displayed around the College grounds. They are there to remind us of the rapidly approaching Easter week, in which we remember the life, death and resurrection of Jesus Christ. The crucifixion of Jesus shapes the centre of our belief in God.

During Weeks 8 and 9 our staff and students will be engaging in a series of interactive stations throughout the school grounds, that will provide opportunity for prayer, reflection and response to what God has done for humanity; through the death and resurrection of Jesus his Son.

I encourage you to look out for these activities. The outside stations should be very obvious! Perhaps you could talk about them with your child(ren) at home. Or even ask your child(ren) to show you what they have done when you bring them to school or take them home. We will be communicating what is happening and showing photos of what we are doing as it occurs. May you be blessed this Easter. Peace to You and Yours,

Adam Wood
Chaplain

Music

Performing Arts Calendar 2018

Term 1	Week 8	Thursday 22 nd March	Autumn Instrumental Evening @ 7.00pm in EPAC
	Week 9	Tuesday 27 th March	Easter in the Mall
Term 2	Week 1	Friday 4 th - Sunday 6 th May	'Generations in Jazz' in Mount Gambier
	Week 6	Wednesday 6 th June	Winter Instrumental Evening @ 7.00pm in EPAC
	Week 7	Wednesday 13 th June	Year 8-12 Drama/Dance Evening
	Week 10	Tuesday 3 rd July	MS/SS Music Showcase @ 7.00pm in EPAC
Term 3	Week 3	Tuesday 7 th August	Tuesday on Flinders Concert
	Week 5	Friday 24 th August	SA School Band & Orchestra Festival @ Westminster School
	Week 8	Friday 14 th September	Spring Cabaret Evening @ 7.00pm in EPAC
	Week 9	Wednesday 19 th - Thursday 20 th September	Junior School Musical
Term 4	Week 3	Thursday 1 st November	Music Count Us In
	Week 7	Tuesday 27 th November	Year 5/6 Battle of the Bands Concert

Andrew Verco

Music Coordinator (Rec - Year 12)

Careers Corner

Career Expo's are a great opportunity for students to explore training, employment and career options. There are two Expo's coming up in Adelaide. Please find details below on both Expo's.

Tertiary Studies & Careers Expo Adelaide

The 2018 Tertiary Studies & Careers Expo Adelaide (TSCEA) offers a unique opportunity for anyone interested in starting, changing or upgrading their career! Featuring many local, interstate and overseas education providers, student services and support agencies. Do not miss this great opportunity to map out your future, all in the one location!

TSCEA offers visitors a wealth of information:

- Find out the latest careers, courses and study options available
- Advice on how to enrol
- Opportunity to speak to course admission staff
- Meet with interstate and overseas exhibitors
- Information on bursaries and scholarships
- Attend Seminar sessions
- and much more!

Dates and Time: Sunday 8th April, 10.00am to 4.00pm and Monday 9th April, 9.30am to 1.30pm.

Cost: Free Admission.

Location: Adelaide Convention Centre.

For more information, visit their website www.careersevent.com/tscea

The Adelaide Careers and Employment Expo

A leading careers, training, education and employment event in South Australia. The event offers the opportunity for students, job seekers and career changers to connect with organisations for guidance, clarity and opportunities in relation to career options.

The Adelaide event will also include the Australian Defence Force Careers Expo, showcasing all the career opportunities within the Australian Defence Force.

Dates and Time: Friday 25th May, 9.00am to 3.00pm and Saturday 26th May, 10.00am to 4.00pm.

Cost: Free Admission.

Location: Adelaide Showgrounds.

For more information, visit www.careeremploymentexpo.com.au/Adelaide.html

Cathy Torjul

VET Co-ordinator

Launch News

Debating

Emmaus Christian College have entered 7 teams, 40 students, from Year 5 to Year 9 in the 2018 Debating SA competition. Training for all teams commence in Week 9. We wish them all the best with their critical thinking, strong arguments and confident debates!

CAT Maths Competition

Students from Year 5 to Year 10 will be participating in this Computational and Algorithmic Thinking competition on Tuesday 27th March. Thank you to Mr David Chu who is providing training for our students.

One Minute Film Competition

15 students from Year 7 to Year 12 have indicated an interest in creating a one minute film on the theme of Memory. It is not too late to start planning and filming. Competition is open to all students and closes on Friday 3rd August (Week 2, Term 3). There is still time! Four \$500.00 prizes are awarded. For more information 1-minutefilmcompetition.org

Legacy Junior Speaking Competition for students 12-14 years

There has been high interest in the number of students willing to participate this year, which involves speaking for 5 minutes on a prepared topic of either personal sacrifice, mateship, caring, social justice and/or voluntary service and a 2 minute impromptu speech.

History Bowl

A group of dedicated Middle and Senior School students are meeting weekly to study and compete in an Emmaus Style History Chase to assist Drake before he goes to Berlin to compete later this year.

STEAM 5/6 Classes - Lunch Time Activity

Groups of 15 students are rotating each Tuesday to extend their thinking in participating in STEAM activities. Thank you to Mrs Robyn Butler for her help.

Junior School Chess Club - Lunch Time Activity

Over 15 students from Year 1 to Year 6 are challenging each other in chess every Thursday.

We will be competing against other schools in Term 3.

Thank you to Mrs Penny Window for her passion to encourage the younger students in mastering the strategies of the game!

Mrs Milne

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 7 T1

Thu 15th No help needed
Fri 16th **HELP NEEDED**

Week 9 T1

Mon 26th No help needed
Tue 27th No help needed
Wed 28th **HELP NEEDED**
Thu 29th Nancy Pantelis
Fri 30th **Public Holiday - Good Friday**

Week 8 T1

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

Week 10 T1

Mon 2nd April **Public Holiday - Easter Monday**
Tue 3rd **HELP NEEDED**
Wed 4th **HELP NEEDED**
Thu 5th No help needed
Fri 6th Karen Ames

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

Community News

Youth Programs - City of Marion

Take the opportunity to gain life skills and have your voice heard! Stay at an urban campsite, gain leadership and teamwork skills, make friends and meet like-minded people. The program involves a weekend camp and weekly workshops in Term 2:

- youLEAD camp for 13-18 year olds, 6th - 8th April in the City of Marion, \$10.00 per person.
- youLEAD workshops for 13-18 year olds, weekly workshops during Term 2 in the City of Marion.

To register email Ashley Tудо at ashley.tudo@ymca.org.au or call 8200 2514.

For further information go to www.sa.ymca.org.au

Holiday Activities

ASC Autumn 2018 Sports Camps

Australian Sports Camps have been running camps for over 30 years in sports such as Football, Netball, Cricket, Soccer, Hockey, Basketball, Rugby Union, Rugby League, Tennis and now Horse Riding. They are dedicated in providing the best sports coaching for boys and girls of all standards. Specialist coaches or guest professional sports stars attend daily to run specific skills sessions.

They are currently offering a 25% early booking discount on all ASC 3-day camps which is available to all participants who book by Sunday 18th March. Siblings always receive a 15% discount.

For further information regarding the sporting camps on offer, or to book, please go to their website by clicking [here](#).

Resilient Kids

CONFERENCE

SPEAKING TOPICS INCLUDE

Tackling Anxiety and Mental Health Issues
The Sexualisation of Children
Promoting Positive Body Image in Girls
Supporting Pre-teens and Teens on the Autism Spectrum
Building Resilience in the Early Years
Growing up Online

24TH MARCH 2018 | SATURDAY 8.45^{AM}–4.15^{PM}

ONLY \$89 FULL DAY

Bookings Essential

Clovercrest Baptist Church
2 Famechon Cres, Modbury North,
Tee Tree Gully, SA

FOR MORE INFO VISIT

resilientkidsconference.com.au

Ticket price does not include food and beverages on the day



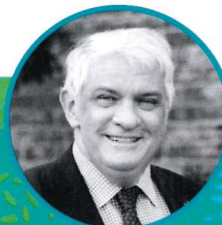
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Founder of
Spectrum Journeys



SHARON WITT
Author, Speaker,
Educator on
Adolescent Issues



DR MICHAEL CARR-GREGG
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Specialist in Children/Adolescents
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Cybersafety Expert



MELINDA TANKARD REIST
Author & Speaker,
Advocate for Girls

www.resilientkidsconference.com.au

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insights

Beat bedtime battles

by Michael Grose



Getting kids to bed and keeping them there can be a battle for many parents. Here's an approach that works, but you need to stick to your plan and don't enter games of children's making.

Ever had a conversation that goes like this?

"It's time for bed darling. It's seven o'clock."

"Aw, mum! Just five more minutes, p-l-e-a-s-e!"

"No, darling. It's bedtime."

"But this is my favourite show. Can I watch a bit more?"

"No dear! Please go to bed. I've had enough. I've had a long day and I want some peace."

"Mum, your mean. All the other kids stay up until 7.30. Why can't I stay up later too?"

And so the battle continues.

Some children are experts at stretching bedtime out through procrastination and persistent cries of 'just five more minutes'. This battle at the end of the day is draining for parents and makes parenting life hard work.

How to get kids to bed

You need a plan. It may not always work, but a bed-time plan really helps you win the behavioural battles at the end of the day. It should look something like this:

1. Reduce stimulation

Signal the end of the day with a set routine of quiet time, drink, toilet and story so kids know what's expected. Children are more likely to protest when there is no set routine or bedtime. Boisterous games are out at least thirty minutes before bedtime. Reading to children in bed, is a great way to get them there, particularly if you make sure it's a fun time.

2. Remove distractions

Be willing to temporarily remove any distractions that keep kids out of bed, if this becomes a problem. Turn off the TV, remove computers if necessary, and place mobile phones in the kitchen. Sounds drastic, but sometimes



you have to remove the reasons for kids wanting to stay up.

3. Distinguish between being in bed and being in the bedroom

Kids vary in the amount of sleep time they need. It's pointless to expect kids to be in bed at a certain time each night and sleep. It's more realistic to expect kids to be in their bedrooms at a set time. They can regulate their own behaviour once they are there. Once away from the adult world children generally fall asleep fairly quickly.

Make sure you wake them and get them up at the same time each day. Avoid allowing late sleepers to compensate with a sleep-in, which delays the sleep cycle.

4. Be firm with procrastinators

Resist children's efforts to involve you with calls for drinks, last minute arrangements of teddies, one more story or assistance with forgotten homework. Many children learn that parents are willing to remain involved if enough pressure is brought to bear. Once kids are in their bedrooms then the best trick is to ignore their calling out and demonstrate you are unwilling to get involved in their games. This is your time now!

5. Ignore or return boomerangs

Children who continually reappear after bedtime need to learn that this is not the right time to get your attention. Be unwilling to enter their games, quietly returning them without speaking, or arguing with them. Be persistent with this approach. Kids generally tire of this when they receive no feedback.

Experiment with what works for you. But look at altering your approach if bed-time is becoming a battle.

And be prepared for kids' behaviour to get worse before it gets better. That's why you've got to hang in there and be just as determined as they are.



Michael Grose

Michael Grose, founder of Parenting Ideas, is one of Australia's leading parenting educators. He's the author of 10 books for parents including Thriving! and the best-selling Why First Borns Rule the World and Last Borns Want to Change It, and his latest release Spoonfed Generation: How to raise independent children.