



NEWSLETTER

T2 Wk 5 30th May 2018

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Next College Newsletter: Wed 13th June 2018

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

Important Dates

June

Fri 1st

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

Wed 6th

Winter Instrumental Evening @ 7.00pm in EPAC

Thu 7th

SACSA Yr 8/9 Netball @ Goodwood Road 8.10am - 3.30pm

Middle School Maths Workshop @ 7.30pm - 9.30pm in Staff Room

Fri 8th

SACSA Open Netball @ Goodwood Road 8.00am - 3.30pm

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

Mon 11th

Public Holiday

Tue 12th - Fri 15th

Music Performance Level Assessments

Wed 13th

MS/SS Principal Tours @ 9.15am

Yr 2-7 ICAS Spelling

Yr 11/12 Drama Performance

Rehearsal

Thu 14th

JS Principal Tours @ 9.15am

Yr 3-12 ICAS Writing

Yr 11/12 Drama Performance Exam

Fri 15th

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

Mon 18th - Fri 22nd

Yr 10 & 11 Exams

Fri 22nd

End of Semester 1

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

2018 Term Dates

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



Upcoming Principal Tours

Principal Tours are a great way for families to experience our College first-hand. Tour dates for Term 2 are:

Middle and Senior School Wednesday 13th June, 9.15am

Junior School Thursday 14th June, 9.15am

Please pass this onto your family and friends who are interested in visiting Emmaus Christian College.

For more information and to register visit <http://www.emmauscc.sa.edu.au/principals-tours.html> or 8292 3834.

Registrations are essential.

From the Head of Senior School

The Senior School at Emmaus Christian College has a significant focus on the growth of the Christian character of our students. We are concerned with the development of the whole student, as well as the academic achievement of each student.

Our extra curricular programs, pastoral care and Christian outreach ensure we promote a social justice mind-set and Christian service. Students have the opportunity to discover what it means to participate in a socially just world through several of our camps and programs. These include the Social Justice Camp in Year 10 (Term 3); Ernabella Trip in Year 11 (last week!); ECCO (Emmaus Christian College Outreach); and the Vietnam/Cambodia Trip in Years 11 or 12 (Term 3).

As a College we are involved in many fields as well as, or in conjunction with, Christian Education through the oversight group, ECCO, which looks at the outreach, service and mission areas of the school.

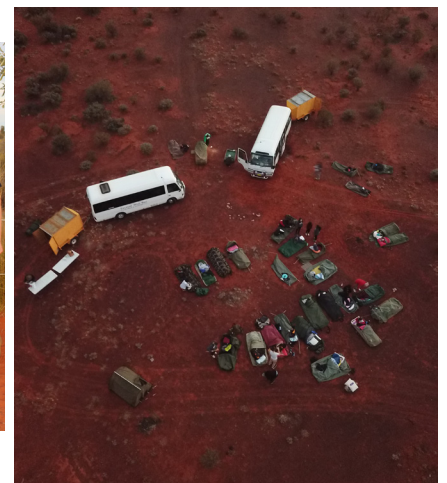
The College as a whole, from R-12, focuses primarily in supporting and adopting 3 main areas. ECCO helps to raise funds, provide service and inspire young people to be involved, connect and care in the three fields listed below:

1. The Central Australian community of Ernabella. This is a community which Year 11 students have visited, annually, for well over 20 years. We also have links with a teacher at the school who has moved to the area in a long term capacity for the purpose of translating the Old Testament. We are also delighted to have a former student Emily Farmer (nee Baker) and her husband Josh, living in the community.
2. Cambodia. Again this year, a small group of Senior students will visit Cambodia and Vietnam. Our students gain a wonderful understanding from a historical understanding, but also an insight into the issues facing the population of Cambodia. As we continue to connect with the community, we will seek further ways to support the lives of people in Cambodia.
3. Refugees. This area gives us the opportunity to be more involved with people with needs in our own city. We will be exploring ways our students can support and connect with refugees, and hence, respond to God's call to care for others.

It is this aspect of College life that is truly exciting as we help our students view beyond the school gate and serve in the community around them.



Andrea Grear
Head of Senior School



College News

Maths Parent Workshops

Thank you to all the parents who attended the first parent session of the Middle School Mathematics Workshops presented by the Mathematical Association of South Australia. Over 20 parents attended and enjoyed a generous supper while learning Mathematics and sharing their Mathematical experiences together.

If you were unable to make it, it would be great to see you at the remaining workshops. The sessions are designed to help parents better understand the Mathematics their children are learning as well as what you can do as a parent to help your child with their Mathematics.

Workshop 2: Thursday 7th June, 7.30pm - 9.30pm (for parents)

Workshop 3: Thursday 28th June, 7.30pm - 9.30pm (for parents and Middle School students to problem solve together)

Sessions are being held in the College Staff Room. You can book for either or both sessions at [TryBooking](#)

Acknowledging the Class of 2018

Our Year 12 students enjoyed a beautiful Autumn Breakfast in the courtyard last week while the remainder of Senior School were out either on Camps or Work Experience. It was a wonderful opportunity for the students to begin the day together and to encourage them in the lead up to mid-year due dates. The breakfast was provided by the College Chaplain, Mr Adam Wood with the support of Senior Staff; including Head of Senior School, Mrs Andrea Grear and House Coordinators, Mrs Belinda Willcocks and Mr Josh Brenkley. Students were treated to an egg and bacon roll, and local business, 'Let There Be Coffee' was commissioned to provide the students with cafe style coffee and hot chocolate.



Indonesia Visit April 2018

During the Term 1 school holidays Ibu Mei Turnip and Mrs Heather Cheesman went to Indonesia to further the relationship with Ibu Petra Norimarna and Manado Independent School (MIS). The MIS community were very excited and hospitable towards Mei and Heather. Whilst there, they conducted a number of seminars for teachers from MIS and another local school. Mei and Heather also spent time teaching in classes and getting to know the students and teachers. They celebrated both cultures and went to church with parents and staff. Throughout this visit and the previous one in August 2017 both schools have gained a better understanding of each other and are looking forward to develop a stronger relationship between staff, students and the whole community.

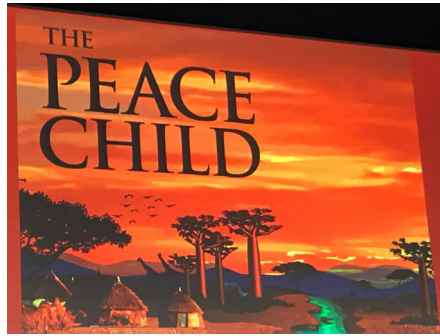


Junior School

Assembly Highlights

Junior Musical Launch

This week during Assembly our biannual Junior School musical 'Peace Child' was launched. Mrs Nikki Meinel (Producer/Director) and Mrs Robyn Butler (Assistant Producer) informed Year 5/6 students they would be able to collect an audition pack during Week 6 ready for auditions in Week 8. Mark your calendars for the performance to be held at Edwardstown Baptist Church on Wednesday 19th and Thursday 20th September, Week 9, Term 3.



Learning Enrichment

Debating

Eight Emmaus Christian College debating teams (four of whom come from Junior School and four from Middle School) have been training since Week 8, Term 1 to compete in the State Debating SA competition. Teams are currently practicing for Round 2, of a five round competition.

Launch lessons

Launch lessons are run weekly by our Gifted and Talented teacher Mrs Susanne Milne. Students identified by teachers as either gifted or high performing, are invited to take part in these lessons. During one of my 'walk throughs' I came across a very busy and creative environment.



Helen Vonow
Head of Junior School

Middle School

Below is a link to an interesting article by Victoria Dunkley on the Psychology Today website.

Victoria explores why Social Media is not smart for Middle School kids. She believes that tweens' brains are simply too immature to use Social Media appropriately.

In her article she discusses the following 7 points in detail:

- Social Media was not designed for them
- Social Media is an entertainment technology
- A tween's 'more is better' mentality is a dangerous match for Social Media
- Social Media is an addictive form of screen entertainment
- Social Media replaces learning the hard social 'work' of dealing face-to-face with peers, a skill that they will need to practice to be successful in real life
- Social Media can cause teens to lose connection with family and instead view 'friends' as their foundation
- Social Media use represents lost potential for teens

If you would like to discover more please click [here](#)

Andrew Edmondson
Head of Middle School

Sporting News

Term 2 has started well for Emmaus. As highlighted in the last newsletter, the Junior Athletics team won Division 1 Challenge Shield and finished fourth overall after winning Division 2 last year. We have also had a number of students trailing for District and State level teams with many being selected or identified for higher honours.

Many of our SACSA Year 8/9 Netball teams have completed their trials and are now focusing on their competitions in Week 6 this term. Our after school Year 8/9 Boys Soccer, Year 8/9 Girls Netball and Year 8/9 Girls AFL teams are about to start their seasons and we wish every player and team the very best for their competitions. Our Year 5/6 Netball team have played two matches and have won both. The players are learning a lot at training sessions and beginning to show this in their matches. This young capable team are just showing how hard work, persistence and commitment are valuable ingredients for overall success.

The other Saturday morning our Under 11 and Senior Primary teams started their Soccer seasons. These Soccer teams play other local schools in the Southern suburbs with matches being held at home and away. The Under 9 team start their season this weekend playing at home. It is great to be able to fill three full teams and have so many young students involved and enjoying themselves.

The Reception Swimming program was a success with many of our students learning water safety skills to prevent any harm for themselves or others. Living in a country surrounded by water and being active in water environments, these water safety skills will not only be of use now but later in their lives.

Running club is up and 'running' with students and parents continuing to be active before school while having fun and working up a sweat. If you wish to bring your children and participate with them and meet other parents come along on a Tuesday morning 7.30am - 8.10am in the gym.

Student achievements

- Petia (Year 3) and Krista (Year 1) recently competed in Get The Beat International Dance Competitions. In their solo performances Petia placed 3rd in Jazz and 5th in Tap and Krista placed 4th in Jazz and 4th in Song & Tap. In their troupe performances they received four 1st places and two 2nd places.
- Scarlett (Year 9) has been selected in the School Sport SA 15 Years and Under Girls Australian Football State Team to compete at the School Sport Australia Championship from Saturday 21st to Saturday 28th July 2018.
- Andrea (Year 11) has been selected via the trials into the FFSA Girls State Identification Program in October. She will be playing in the tournament to trial for the NTC Girls squad.
- Brad (Year 6) has been selected in the State Under 12 SAPSASA Basketball team to compete in Darwin, NT from 11th to 18th August 2018.
- Kaitlin (Year 8) has been invited to join the National Intensive Training Program (NITP) in the emerging squad with Basketball SA. She was also selected in the State Under 16 Metropolitan Squad as a reserve player considering she is a bottom age player.

Well done to all.

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

Student Wellbeing Coordinator

Work Experience

I had the privilege of visiting some of our Year 10 students on work experience last week. As I visited them, I was reminded of just how many interesting milestones our students achieve over the course of their time at Emmaus. They really do have some amazing opportunities.

I am in the position to be able to see many students move from Junior School, through Middle School and then graduate from Senior School.

During this time, students experience so many milestones and their teachers and parents are there to support them along this journey. Often proud parents say to me "*I cannot believe that they are so mature*", and watching your children in the workplace is just one example of seeing how capable and resilient they really are.

May I encourage you that even though you might be struggling with bed times, homework, reading, screen time and the like, your children will most probably, one day leave the house dressed in 'professional attire' and take their place alongside adults in the workplace.

The experience our students gain from their week of work experience is invaluable and we are very grateful to the businesses and companies that are prepared to offer this opportunity to our students.

Building independence in children begins early, and often begins at home. For further information on building resilience in children please see the fact sheet at the end of this newsletter.

Sue Chapman
Student Wellbeing Coordinator

Launch News

Year 5, 6 & 7 Debating - Tuesday Evening Competitions

Round 1

Emmas had five Debating Teams from Year 5, 6 and 7 compete in the evening of Tuesday 15th May at Pulteney Grammar School. We are so pleased to report that four out of five teams won!

Well done to our Year 5 Debaters for putting up strong arguments on 'Why cats are better than dogs'. It was their first time at debating officially and all teams were commended on their presentation. They spoke with conviction and had excellent eye contact with the audience. Well done to Mr Coggins' Year 5 Team on winning their debate.

Year 6/7 Teams debated on 'That Australian School students should cook and serve lunch'. All of our older teams won their rounds. A fantastic result and all team members should be commended for their team spirit and thorough research in collecting evidence for their arguments.

Congratulations to Mahalia, Year 5 (first debate), Miracle and Bryant, Year 6 and Yonisa, Year 7 all who won Debater of the Evening in their respective competitions. Thank you again to Mr Coggins, to Ms Zucco and Mrs Hull for their time and dedication in coaching our teams.

All Debaters enjoy an audience, our next Debates for these 5 teams will be held at Pulteney Grammar School on Tuesday 5th June at 6.40pm and 8.00pm.

Our three Senior Teams are debating at Nazareth College, Flinders Park on Thursday 31st May at 6.40pm, 7.35pm and 8.35pm. All are welcome!

Public Speaking Competition

Erica (Year 9) reached the semi finals in the Rostrum Voice of Youth Competition. Her 5 minute speech was 'No Joking Matter'. Erica chose to research and highlight the effects of Teenage Depression. She encouraged all of us to be aware of others around us and be careful with the words we speak.

Congratulations to Erica for her excellent achievement in reaching the semi finals.

On Saturday 26th May, Emmaus had two entrants competing in the Legacy Junior Public Speaking competition that was held at Legacy House, Franklin Street. Both students spoke with conviction and used excellent communication skills.

Elizabeth, (Year 8) spoke on the poverty cycle and challenged us to think about the use of our money. Child and slave labour in the textile and clothing industry was the topic of Kaitlin's (Year 9) 5 minute prepared speech. Both girls received positive feedback on their presentation and the content of the Social Justice speeches and we are very pleased to announce that Kaitlin is through to the State Finals which will be held on Friday 3rd August at 6.30pm at Legacy House. Everyone is welcome to come and support Kaitlin.

International History Bowl/Bee and Geography Competition

We are very excited to announce that Emmaus will be hosting the South Australian History Bowl and Bee and the International Geography Competition this year.

Already we have 3 teams of 4 from Year 9 that have been nominated to enter. If your child is in Year 8 to Year 12 and has a passion for historical dates and events, please email me smilne@emmauscc.sa.edu.au or see me. It is a lot of fun!

In 2017, Emmaus won two individual competitions and a team championship. The competition will be held on Saturday 23rd June, from 9.15am - 5.00pm. Further general details about the competition can be found [here](#).

Susanne Milne

Launch Coordinator (Rec - Year 10)

Music

Winter Instrumental Evening

The upcoming Winter Instrumental Evening to be held on Wednesday 6th June in the Performing Arts Centre at 7.00pm is open to any student who is learning an instrument either at College or privately. Please go to <https://goo.gl/forms/SLhltNyzl3eNd99l1> to book.

Performing Arts Calendar 2018

Term 2	Week 6	Wednesday 6 th June	Winter Instrumental Evening @ 7.00pm in EPAC
	Week 10	Tuesday 3 rd July	MS/SS Music Showcase @ 7.00pm in EPAC
	Week 10	Thursday 5 th July	Year 5/6 Battle of the Bands Concert
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

Andrew Verco

Music Coordinator (Rec - Year 12)

Careers Corner

More and more I am hearing from employers that flexibility to cope with change is one of the crucial qualities they look for when recruiting staff.

"VET courses have adapted more readily to changing workforce needs. According to the Commonwealth Government Department of Jobs and Small Business, the VET sector currently provides training courses for 7 out of 10 occupations expected to have the greatest growth of new jobs over the next five years. VET is more relevant than ever when it comes to preparing Australia to be more globally competitive." Source: www.myskills.gov.au

In a rapidly changing workforce, VET courses provide students with practical hands on experience, transferable skills and agility to adapt and respond with industry demands.

One way students can prepare for undertaking a VET course is to study a short course. Short courses are a good opportunity for students to have a 'taste' at an industry whilst gaining valuable work skills.

Emmaus' Electrical Construction Taster Course enrolments are now open and places are filling fast. The taster course is targeted at Year 10 students and will give students who enjoy working with their hands the chance to have a look and 'taste' at the construction and electrical industry.

Short courses are also available in Hospitality, First Aid, Manual Handling, Responsible Service of Alcohol and Barista.

If your child is interested in a taster course or you would like more information on VET courses, please email me on ctorjul@emmauscc.sa.edu.au

Cathy Torjul
VET Coordinator

Canteen Roster

Week 5 T2

Thu 31st No help needed
Fri 1st June Karen Ames

Week 7 T2

Mon 11th **Public Holiday**
Tue 12th **HELP NEEDED**
Wed 13th Karen Baker
Thu 14th No help needed
Fri 15th Katherine Papazoglou

Week 6 T2

Mon 4th No help needed
Tue 5th No help needed
Wed 6th Blake Watson
Thu 7th No help needed
Fri 8th Tam Battersby

Week 8 T2

Mon 18th No help needed
Tue 19th No help needed
Wed 20th Catherine Chua
Thu 21st No help needed
Fri 22nd Nancy Pantelis

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

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

Community News

Healthy Hearts Healthy Homes

This informal and fun workshop being held on Monday 2nd July, 6.30pm - 9.00pm at Anglicare SA, 111 Beach Road, Christies Beach, focuses on relationship education and will be run as a partnership by relationship counsellors from Anglicare and Centrecare. Supper is provided, gold coin donation.

Enquiries and registrations can be made through [Event Brite](#) or by phoning Anglicare on 8186 8900.

Kidventure Winter 2018 - Tuesday 17th - Wednesday 18th July

Kidventure is a 9.00am - 4.00pm holiday program run by Seeds Uniting Church for children in Reception to Year 7.

Each day the children are actively engaged, entertained and inspired with a range of things to keep them on the go both physically and spiritually. 'Kaleidoscope' is an invitation to focus on the mystery, beauty and diversity of life by looking at things the way Jesus does.

For further information <http://welcome.seedschurch.org/kidventure>

SACE July Revision Seminars by Adelaide Education Group

The ONLY SACE Revision Programs in South Australia offering incredible option flexibility and amazing value!

Over 30,000 students have chosen their holiday courses since 1980!

All seminars are conducted at St Mary's College, 253 Franklin St, Adelaide.

Dates - Tuesday 10th to Friday 13th July and/or Monday 16th to Thursday 19th July.

For further information and costs involved go to www.aeg.sa.edu.au

Perfectly Natural - An Evening on Health and Nutrition with Kimberley Douglas

Being held on Friday 15th June, 7.00pm - 9.00pm at Kingdom Life Church, Marion Road, Plympton Park.

Cost \$15.00 per person or \$5.00 per student (13-17). Registration and payment is essential by 10th June. Light refreshments provided.

All proceeds from this event go to Kingdom Life Care working into the local community and internationally in Mongolia towards education and development for children. Register [here](#).

Parents are vital in helping teens through tough times. Be on the lookout for their struggles, ask questions, empathise and problem solve WITH not for them.

I talked with the students at your school recently about how they could cope with stress and tough times. We talked about understanding our brains, how to avoid making things worse and how to cope. Parents are vital in helping teens through difficult times, and can help significantly. Here are some ideas for how to do this.



Understand that many teens do find life difficult:

Teens struggle with school (assignments, exams, looming deadlines), friend issues (feeling on the outer, dealing with conflict, feeling worried about their friends), relationships (break ups, decisions, feeling lonely about being single), body image (for many young women this is ongoing), their future and just feeling down. They don't always tell us that they feel worried, insecure and down, but just act moodily instead. It helps to see the pain underneath the irritability.

Check in regularly and ask questions: One of the most important things parents can do is to take the time to just ask the teenager how they are going. Ask how they are feeling about friends, school, relationships, future, themselves. Also ask about feelings, for example: "any bits of today that were worrying?", "What part of the day felt best/worst to you today?" They might not always want to share lots of information – don't nag and pester – but don't give up asking either. Casually, and with care, keep checking in every week or so. Make excuses to go on drives with teens, walk the dog together, be folding laundry while they are on facebook, weeding while they shoot hoops etc – try to put yourself in places where conversations happen.

Always Empathise First: If a teen expresses stress, worry or sadness – our first response must be empathy. Sometimes this goes against our instincts. Instead we will want to give advice ("well, maybe you should.....") or to reassure ("it's not that bad, just think about....."). Unfortunately if we jump into advice giving or reassuring before we have fully heard their pain, they will disconnect. So don't reassure or give advice yet. Just empathise. Say, "I'm really sorry to hear you feel like that", "That sounds hard" or "I'm sure I'd feel really

upset if that was me". Keep doing it until the teen feels heard. This might take some time.

Brainstorm/problemsolve WITH not FOR them:

Once a teen feels understood, sometimes they are open to parents problem solving or brainstorming with them. This means *asking questions* to help *them* think the issue through, not telling them what to do. Questions that help this process are "is there anything I can do?", "what do you think would help in this situation", "What would make this a little better", and "What are your options?"

Lookout for Sleep, Exercise and Nutrition: Sleep, exercise and nutrition all have a major impact on our mood as humans. If teens can get a bit of extra sleep, a little bit more physical activity and healthier food intake into their day, then often they cope much better. Suggest they go for walks with friends, help them have healthy food available and get phones out of bedrooms if at all possible!



Get them talking to others: Stressed teens need a community of supportive adults around them, not just parents. Parents can proactively set up appointments with school counsellors, year level co-ordinators, a GP, psychologist or even organise for an aunt/uncle/family friend to take the teen out for a chat. Even if the teen seems reluctant, gently pushing teens to be connected with other supportive adults in their life – can be the most important thing a parent does.

Finally, if you are worried about your teen, get

support and ideas yourself. Talk with other parents, come in to talk with teachers yourself, talk with your GP, visit myself (or another psychologist) for advice. Parenting teens is a hugely tough job and you need all the support you can get. Good luck!

For more ideas and free short videos/articles on supporting teens with sleep, friendship, stress and social networking go to www.developingminds.net.au



**Emmaus
CHRISTIAN
COLLEGE**



CANTEEN WINTER PRICE LIST 2018

TERM 2 & 3

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

GF Indicates Gluten Free Products

V Vegetarian

HOT FOOD - ORDERS ONLY

New Lamb Rogan Josh with Rice	MONDAY ONLY	5.00
New Massaman Beef with Rice	MONDAY ONLY	5.00
New Dahl V	MONDAY ONLY	5.00

<u>SUSHI</u>	WEDNESDAY ONLY	2.50
Smoked Salmon GF / Teriyaki Chicken/Cooked Tuna GF / Vegetarian/California Rolls GF		2.50
Soy Sauce		.10
Butter Chicken with Rice	WEDNESDAY ONLY GF	5.00
Malaysian Chicken with Rice	WEDNESDAY ONLY GF	5.00

<u>1/2 VIETNAMESE ROLL</u>	THURSDAY ONLY	
Please give an alternative on lunch order bag		2.50
Thai Chicken / Butter Chicken / Roast Pork / Tofu V		

BAGUETTES - White or Wholemeal

Meatballs, tomato sauce, lettuce, grated cheese ORDERS ONLY	3.50
New Falafel, carrot, lettuce, mayo V ORDERS ONLY	3.50
Chilli chicken strip, carrot, lettuce, mayo	3.50
Chicken strip, carrot, lettuce, mayo*	3.50
Chicken and salad *	4.50

*Salad=lettuce, cucumber, tomato, grated carrot, mayo

SANDWICHES - Wholemeal Only - ORDERS ONLY

ADD 50c for TOASTED SANDWICH

Buttered	1.20
Vegemite	1.60
Light Cheese*	3.00
Salad: lettuce, cucumber, tomato, grated carrot, mayo	3.50
Meat: Chicken* or Ham	3.50
Light Cheese and salad*	4.00
Meat: Chicken* or Ham and salad	4.00

*Salad=lettuce, cucumber, tomato, grated carrot, mayo

GF bread is available. MARK clearly on lunch order.

WRAPS - ORDERS ONLY

Chicken & salad*	4.00
Chilli chicken strips, lettuce, carrot, mayo	4.00
Chicken strips, carrot, lettuce, mayo*	4.00
New Falafel, carrot, lettuce, mayo V	
*Salad=lettuce, cucumber, tomato, grated carrot, mayo	4.00

HOT FOOD - ORDERS ONLY

Spaghetti Bolognese with fork	4.50
Vegetarian Lasagne	4.50

EXTRAS

Spoon/Fork	.10
Mayo*	.20
Tomato Sauce*	.20
Light cheese slice*	.50
Salad item*	.50

HOT FOOD

Vegetarian spring roll*	1.00
Garlic Bread	2.00
Pizza: Ham & Pineapple/Cheese & Bacon	2.00
Potato wedges	2.00
Hot dog NO sauce	3.30
Hot dog WITH sauce	3.50
Light pie	3.50
Light potato pie	3.50
Light pizza pie	3.50
Light sausage roll	3.50
Spinach and cheese roll V	3.50
Wholemeal vegetarian pasty V ORDERS ONLY	3.50
Meat Pasty ORDERS ONLY	3.50
Tomato sauce*	.20

BURGERS - ORDERS ONLY

Vegetarian: Vegetarian patty, carrot, tomato, cucumber, lettuce, mayo	4.00
Beef: Beef patty, lettuce, mayo, tomato sauce*	4.00
Chicken: Crumbed chicken patty, lettuce, mayo*	4.00

GF is available in the chicken with GF bread.

MARK clearly on lunch order.

SNACKS

3 Jatz biscuits*	0.30
Fruit strap* GF	0.50
Go cookie*	1.00
Grainwaves	1.00
Chips: plain*, honey soy, veg chips GF	1.00
Fruit in season*	1.20
Light choc muffin	1.50
Gingerbread kids	1.60
Banana bread*	2.00

ICEBLOCKS (over the counter ONLY)

Fruit tubes	0.50
Juicies*	1.00
Moo - Strawberry/Chocolate*	1.00
Lifesaver Icy Pole*	1.00
Lemonade Icy Pole*	1.00
Frosty Fruit*	1.00
Frozen yoghurt - strawberry	2.00

DRINKS

500ml Thank You Water*	1.50
250ml Just Juice*	1.50
250ml Up & Go (Chocolate*/Strawberry*/Vanilla*)	2.00
250ml Oak Strawberry*/Chocolate*	2.00
350ml Golden Circle: Apple/Orange	2.20
Apple Blackcurrant*	

CANTEEN PROCEDURES & RULES

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, 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/Janine Richards
Canteen

insights



How independence-building is the pathway to your child's resilience



by Michael Grose

Parents and teachers often ask me how to build resilience in kids.

My response is always the same: “Start by building independence and resilience will follow.”

Here's how.

Children are hardwired for independence

Some time around the age of fifteen months, give or take three months, most children will make a strong case for self-sufficiency. They demand to do things their own way. This demand is soon backed by a strong voice – “NOOOO!” – and then more articulate cries of “I can do it!” as their third birthday approaches.



This is the time to harness your child's push for independence and self-sufficiency. Their desire for independence and mastery over their immediate environment will see most children take incredible physical risks in the form of play and exploration of that environment. Concerned parents will naturally minimise risks by moving furniture around, keeping doors closed and hiding sharp implements, to name a few protective measures.

But parents can't eradicate all risks. Kids will fall and hurt themselves – but they'll also get up and go again. In time, they'll learn to assess situations, stare down their fears and test themselves out in new situations. Falling down, brushing yourself off and trying again is part of the natural learning experience for most young children. Parents don't have to do much more than assess a situation for real dangers, then stand back and allow their kids to explore their environments, pulling them up only when their play

and explorations transgress the rights and peace of others.



So what's this got to do with resilience?

Well, everything really. Independence is the pursuit of mastery over one's self and one's environment and rarely happens without mishaps and mistakes. It nearly always involves hurt, hardship, frustration and fear. That's where resilience comes in. Resilience is the art of bouncing forward after experiencing these hurts, hardships, frustrations and fears. Resilience is what comes from seeking out self-sufficiency and independence.

The language of independence

The fact that there's a whole genre of language devoted to resilience (mostly cloaked in cliché) is no accident. Terms such as "Get back on the bike/horse when you fall off", "Come on, brush yourself off and get on with it" or "What doesn't kill you makes you strong" are built into the psyche of past generations. Many parents today will cringe at these terms as they appear a little callous and out of touch. Conversely most current parents' relationship with risk and adventure – both required for independence-building – is very tenuous at best, non-existent at worst.

Therein lies the challenge. I haven't met a parent, carer or teacher who doesn't want the children in their care to develop resilience that will last a lifetime. Yet many of those same adults will block the pathway to children's resilience by over-indulging them, solving their problems and not giving them real responsibility. In doing so they deny kids the sense of mastery that comes from sorting out their own problems, getting themselves out of jams and getting up after a fall.

You can never love your children too much, but you can love them helplessly. That's what happens when we deny kids the opportunity to become truly independent and self-sufficient. Deny self-sufficiency and you block a child's resilience. Develop real independence and you open a pathway to resilience that will last a lifetime.

Find out how to develop real independence and resilience in your child in my latest book [Spoonfed Generation: How to raise independent kids](#).





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.