



IMPORTANT DATES

MARCH

Wed 27 MS/SS Parent/Teacher Interviews 3.30pm - 5.30pm
Fri 29 Yr 9-11 ASEAN Youth Forum @ Glenunga High School

APRIL

Tue 2 SACSA Yr 7-12 Athletics Day @ Santos
Yr 5-11 CAT Competition
JS Parent/Teacher Interviews 3.30pm - 8.30pm
Wed 3 JS Parent/Teacher Interviews 3.30pm - 7.00pm
Wed 3 - Fri 5 Year 7 Camp @ Wirraway
Fri 5 Autumn Instrumental Evening 7pm - 9pm in EPAC
Mon 8 JS Parents Day 8.35am - 10am
Wed 10 JS Grandparents Day 12.50pm - 2.50pm
Wed 10 - Fri 12 Yr 8 Camp @ El Shaddai
Fri 12 Whole School Casual Day
Yr 12 Formal
Yr 12 Student Free Day
End of Term
(Normal Finish Time)

From the Deputy Principal

Dear Families and Friends

'HOPE for tomorrow, living for TODAY'

Recently I was encouraged again to live for today, knowing that my future is secure in the hope I have in Jesus Christ.

As a task orientated person, I often forget to rejoice in the day and moment that God has given me. I have a tendency to look beyond the current situation, focusing on when the next phase of life begins, for example, when I finish studying, get married, have children or retire. Alternatively, on a shorter time scale, I can have the tendency to look to the completion of the task rather than enjoying the journey. I will have time to live once I finish the next renovation project, complete the school timetable, prepare the next roster, and the list goes on.

When we do this, I believe, we miss living today to its fullest, by focusing too much on tomorrow. We may not necessarily feel anxious about tomorrow, but we keep looking at the completion of phases of life and tasks to be done, rather than fully enjoying the moments that are before us. We can therefore forfeit the opportunities to deepen and enjoy relationships and experiences, and the fullness of God's pleasure, moment by moment.

Last week a special reminder of this came in the birth of our first grandchild, a beautiful baby boy. It was a significant example of experiencing the joy of family, the goodness and wonder of God, completely celebrating the moment.

Psalm 118:24 says '*This is the day that the LORD has made; let us rejoice and be glad in it.*'

If we constantly look back or look too far ahead, we miss today. In every way, may we look to our loving Father for what we need today; knowing that he also has our future in his hands.

At Sports Day and Swimming Carnivals over the last two weeks, we have seen students achieve personal goals, participate for the team, support each other and demonstrate enjoying the moment together.

My prayer for our school families is that we will make the most of every moment as we surrender our lives to Jesus and celebrate the love of God in all that he has given us, now.

Changes to Parking and Drop Off Zones on Lynton Avenue

Recently the council moved the Bus Zone further north along Lynton Avenue to increase the drop off and pick up zone. There is now room for a further 3 to 4 cars past the second gate entrance on Lynton Avenue.

We have two requests to help with congestion and safety:

- 1) When using the drop off zone, please drop students as close as possible to the second set of entry gates, near the Performing Arts Centre, so students can enter the College via these gates.
- 2) When crossing Lynton Avenue, between Wheaton and Castle Streets, please use the crossing provided.

Your help with these requests will hopefully improve safety and reduce congestion.

I have also attached an information sheet provided by the council in regards to 'Parking Safely and Correctly' at the end of this newsletter.

Blessings,

Mark Potter
Deputy Principal

Weekly Coffee Connect
Tuesday Morning
8.45am - 9.45am

Weekly Prayer Connect
Thursday Morning
8.45am - 9.15am

Junior School

Junior School children have enjoyed a variety of learning experiences over the last few weeks.

Foundation Excursion

The Foundation students had a wonderful time at the Warriparinga Wetlands, Marion. They learnt about why this place is special for Kurna people and had an opportunity to sketch their observations.



Year 6 Excursion

Year 6 students attended the GRIP Leadership Conference at the Adelaide Entertainment Centre. GRIP stands for: *Generosity, Responsibility, Integrity, People*. Joining other students from schools across Adelaide, our students had the opportunity to develop their leadership understanding and skills, and give consideration to how they can make a difference at Emmaus and beyond.

Year 3 - 6 Swimming Carnival

Congratulations to Topaz for winning the 2019 Year 3 - 6 Swimming Carnival and to Emerald for winning the chant on the day.

Year 3 - 6 Athletics Carnival

Congratulations to Emerald for winning the 2019 Year 3 - 6 Athletics Carnival and to Ruby for winning the chant on the day.

Sincere thanks

Our sincere thanks to parents who helped in many ways, both big and small, at both Carnival Days last week. We cannot do this without you!



Junior School Principal Tours

Our staff enjoyed sharing their teaching and learning with approximately 80 people who walked through our Junior School last Thursday morning.

Parent Teacher Interviews

Junior School teachers are looking forward to meeting with all parents in the EPAC next Tuesday 2 and Wednesday 3 April (Week 10). Please book online at your earliest convenience.

Grand Parents Day

Grandparents Day will be held on Wednesday 10 April from 12.50pm – 2.50pm with our Year 10 Home Economics class assisting with catering. Parents are welcome to join us for the Grandparent's Day Dress Rehearsal to be held during our normal Assembly time on Monday 8 April at 9am.

We are here to help

It is a normal part of child development at various times, to experience conflict along life's way. The College would like to remind parents of the following:

- A behaviour conflict that occurs on site under teacher duty of care, is to be investigated by the College
- A behaviour conflict that occurs off site is for parents to resolve
- A behaviour conflict that occurs off site, but has behaviours brought onto College grounds affecting the well-being and/or teaching and learning at school, means the College will likely become involved in some way.

Parents are reminded to approach their child's class teacher to resolve matters of conflict rather than approach other children. We would also be grateful if parents could please make a time to see the class teacher rather than communicate information at busy morning and afternoon times. Thank you for assisting us with these matters.

We look forward to seeing you all at Parent Teacher interviews next week.

Helen Vonow
Head of Junior School

Middle School

ASEAN Youth Forum

On 13 March, 16 students from Emmaus had the opportunity to participate in the 2019 Australian ASEAN Youth Forum, at Glenunga International High School. During the Forum each school was given a different country from the ASEAN countries to represent for the day. Emmaus was given the privilege of being the delegates of Thailand. In the morning ambassadors from the ASEAN countries came and informed the school that was representing their country. During this time schools talked to the ambassadors about the 3 main topics of the day: infrastructure development, digital trade, and skilled migration. The team from Emmaus talked to Her Excellency Nantana Sirakua of Thailand. Her Excellency informed us of Thailand's needs and wants. Later in the day students split into groups of infrastructure development, digital trade, and skilled migration. This is where the information the ambassadors shared would be put into making clauses that would not only support Thailand's needs but all the ASEAN countries together. Near the end of the day, all schools debated and edited these clauses to benefit all countries. We were able to see the issues that the youth of today want to change for their future for tomorrow. Overall the experience was great and everyone learned a lot.



Lucy, Year 9



Senior School

Fund Raising for the Pitjantjatjara Bible Project

The proceeds from Athletics Day and Aquatics Day Barbecues have been wonderful this year, we have raised a total of approximately \$800. Thank you to all students, teachers and parents who bought a sausage, can of drink or a veggie burger as it all helps to make a difference in the Bible Translation project. The College has supported our relationship with the Ernabella community for over twenty-five years and Pitjantjatjara Bible Translation Project is a focus as part of our outreach program. When finished this Bible will be the first complete Bible in an Aboriginal language. Pretty sad since European settlement has been in Australia for more than 230 years.

So, when the casual clothes come out at the end of Term 1, this is what the money is being raised for and is the final effort for this cause in 2019. Dig deep and support the word of God reaching all Australians.

For more information please see the following link:

<https://www.biblesociety.org.au/projects/dave-barnett/?fbclid=IwAR2SDC3XfU6I7f62PcjB98MNmt5PZr5suTYfmZpzeYuPSYm7umMGHwFuJQQ>



Sprinting Super Star

Year 12 student, Nathan, has recently (February 2019) won the title for the Under 20 year old State Championship in the 100 metres as part of Athletics South Australia.

This achievement means that he will compete in the Australian Athletics Championships in Sydney at Olympic Park in April in the 100 metres and the 4 x 100 metres Relay.

This is a great accomplishment for Nathan, who is considering pursuing Athletics as a career, and we wish him all the best for his time in Sydney in April.

Andrea Grear
Head of Senior School



Launch News

Bebras Computational Challenge Results

Bebras is an international student Computational Thinking Challenge. Bebras Australia is run by CSIOR Education and Outreach through the Digital Careers program. The goal is to promote Computational Thinking to students in a way that highlights student ability beyond Science or Maths skills. Twenty-two Year 5/6 students participated in this event and Emmaus students received outstanding results. Congratulations to Isaac and Ethan who both received a Distinction and Mahalia and Olivia who both received a Credit. Merits were awarded to Natanya, Praiselyn, Caleb, Ethan, Jed, Seth, Samantha, Chloe, Geri, Werberg and Sienna.

Oz Clo Competition

This competition was held last week and is a context for High School students. It challenges them to develop their own strategies for solving problems in fascinating real languages. The program is designed for high school students from Year 9 to Year 12. Emmaus entered two teams. All 7 students received a bronze certificate. Well done to Jenna, Jenna, Claire, Joelle, Erica, Matthew and Ryan.

Debating Teams Update

Emmaus has entered 10 debating teams in the Debating SA competition. Interested Year 5/6 students have participated in an all-day training seminar this week run by Debating SA. Debating practice will start after school in Week 11 for students in Year 5-7, unless otherwise notified. Students in Years 8, 9 and 10 will practice during school hours.

ASEAN Youth Forum

At the recent Australia-ASEAN Youth Forum at Glenunga International School, Ben, Year 11, gave the Thai plenary address to all the ASEAN and Australian delegates (66 students) on Thailand's position on developing infrastructure, digital trade and skilled migration. The Honourable Simon Birmingham, Minister for Trade, Tourism and Investment, gave the keynote address. The students were able to meet and chat with the Thai Ambassador, Mrs Nantana Savakua. She was very interested to inquire in what each student planned to do in the future and was able to give valuable insight into the issues Thailand is facing. The students worked with other schools in various committees to pose recommendations to the assembly representing their country. The 'delegates' had to vote on the recommendations they would accept. It was an amazing experience and students came out of the day with a more comprehensive understanding of the pressing issues our various neighbouring Asian countries face. All grew in confidence and understanding of International relationship. This fantastic opportunity came about because of Emmaus' involvement with the Australia-Indonesia Bridge School Partnership. Thank you to Ibu Mei, Jason Hall, Nathan Dillon and Mike Sexton for their valuable assistance in preparing our students.



One Minute Film Competition

This year's competition is sponsored by the Australian Government Department of Veterans' Affairs, and each film must be based on this year's theme; LOYALTY.

Loyalty can be interpreted in many ways in the context of Australian wartime history. The theme could suggest loyalty to a cause, or to a nation. It could mean loyalty to a unit, or to fellow service women and men. Students might explore the idea of conflicting loyalties or shifting loyalties: such as the internment of 'enemy aliens', or the impact of the Fall of Singapore and the fear of Japanese invasion on the nation's relationship with Britain. The extent to which the concept of loyalty has changed or remained the same over the last century might serve as a starting point to explore this complex theme. You can create a piece of fiction, a documentary, a community-service announcement or a music clip (be sure to adhere to copyright rules!) Your film can be animated or live-action. It might be funny or serious.

Students from Foundation to Year 12 are welcome to plan, script and film a 60-second movie on the theme of Loyalty. Entries close 2 August 2019.

Here is the link to the rules: <http://1-minutefilmcompetition.org/rules/>

Chess Club

Chess Club is held on Thursday lunchtimes for Junior School students. Five reasons why Chess is a great skill:

1. Increases problem solving skills;
 2. Chess improves spatial skills;
 3. It improves the memory of your child;
 4. It exercises both sides of the brain;
 5. It increases the creativity within your child.
- Mrs Strybos and myself welcome beginners and experienced players.

Public Speaking Club

All secondary students are invited to attend Public Speaking Workshops on Thursday's at recess in the Launch Room.

Students will have to make a speech in public at some stage of their life, whether it is at a birthday celebration or at a tutorial at University or when they are the CEO, preaching etc.

Students are invited to learn some tips to overcome nerves and how to plan and delivery an effective speech. All are welcome.

Susanne Milne

Launch Coordinator (F-Year 10)

Student Wellbeing Coordinator

Big Feelings

Children and adolescents have the same big feelings that we do. The difference for adults, though, is that we have more life experience to know how to deal with these difficult emotions. When our young people feel fear, anxiety, or anger, they often need our help to learn how to cope - even late teenagers can always use some help to increase their emotional skills. Here are some tips:

Name the feeling

Help your child figure out which feeling they are having or were having. Putting a name to it can help validate their experience and can strengthen their emotional intelligence. For younger children, having a feelings poster or reading children's books about feelings can be helpful to identify their own feeling.

Normalize the feeling

It can be confusing for a young person whose feelings take over and lead to behaviours they may not usually have. Explain that all people have these feelings sometimes, and we all have to learn how to manage them. Try not to minimize their experience - explain that you understand how they must be feeling.

Talk about the brain

Our brains and our bodies are connected, and our brains send out signals when we experience certain 'big feelings.' Explain that we have a part of our brain (thinking brain) that is in charge of making decisions, thinking things through, and managing our emotions. Explain that another part of our brain (emotional brain) is in charge of important things like breathing, and holds onto big feelings like anger or anxiety; this part of our brain also reacts to any threats, and can make us feel like we need to run (flight), fight back, or freeze. Sometimes this part of our brain overreacts, and we need to try strategies to calm it down.

For a full script of the brain conversation, visit <https://imperfectfamilies.com/what-anxious-and-angry-kids-need-to-know-about-their-brain/>

Practice self-regulation skills

When children are calm, their thinking brain is on, and this is the best time to come up with a plan for when their emotional brain tries to take over. Encourage taking a break (not a time out), deep breathing, releasing angry energy by exercising, and relaxation strategies such as progressive muscle relaxation, colouring, calm down jars, music, etc. Encourage them to find what works for them and then to practice these repeatedly when they are calm. Helping your child begin to recognize their body's early signs of a big feeling (heart racing, clenched jaw, etc.) can also help them learn when to employ their self-regulation skills.

For more information and strategies for self-regulation, visit <https://childdevelopment.com.au/areas-of-concern/sensory-processing/self-regulation/>

Kat Clark

Student Wellbeing Coordinator

Canteen Roster

Week 9 T1

Mon 1	
Tue 2	
Wed 3	
Thu 28	Nancy Pantelis
Fri 29	Carla Giliomee

Week 10 T1

Mon 1 April	No help needed
Tue 2	No help needed
Wed 3	HELP NEEDED
Thu 4	No help needed
Fri 5	HELP NEEDED

Week 11 T1

Mon 8	No help needed
Tue 9	No help needed
Wed 10	HELP NEEDED
Thu 11	No help needed
Fri 12	Katherine Papazoglou

Week 1 T2

Mon 29	Student Free Day
Tue 30	No help needed
Wed 1 May	HELP NEEDED
Thu 2	No help needed
Fri 3	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 collect 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.

Sharon Hughes

Canteen Manager

First Aid

Food Allergies and Canteen Orders

Eating out and purchasing take away food is very much a way of life today. Often a child's first introduction to independent food purchasing is at the school canteen. When a child starts school, purchasing from the canteen should be a fun and exciting new experience, however, for a food allergic child it may result in fear and anxiety for the child and their parents.

If your child has a food allergy but would like to put in a lunch order or purchase food from the canteen I would encourage you to contact the Canteen Manager, Sharon Hughes, and have a chat with her. You could also arrange a visit to the canteen to check which food products are safe for your child.

When your child is putting in a lunch order, please write your child's food allergy triggers on the lunch order bag so that canteen staff are made aware and can take the necessary precautions.

Another thing, which would be very helpful, if parents in Junior School could remind their children of the College policy of not sharing their food with others. This also means that students should not be using their Canteen money to buy food/treats for other students. Thank you.

Ros Argent and Maria Mclver
First Aid Officers

Music

Instrumental students are invited to perform at our upcoming Autumn Instrumental Evening

On Thursday 4 April in the EPAC.

This evening is open to all students who learn an instrument (both at the College or privately). Students nominate themselves by completing the Google Form [here](#).

Students need to arrive at 6:30pm and entry to family and friends is by gold coin donation for a 7pm start. Tea and coffee is provided. Places are limited and fill up fast so get on it quick! Also featuring Stage Band's first performance of the year.

Generations in Jazz Festival

Stage Band and Vocal Ensemble students, please note the Holiday Rehearsal on your calendars - Friday 26 April 9am - 1pm. This includes a pizza lunch provided by the College, if you have any dietary requirements please see Mrs Medhurst.

Andrew Verco
Music Coordinator (F-Year 12)

Uniform Shop

2019 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

Holiday Activities

Code Camp

Get creative and learn to code at Australia's highest rated school holiday camp!

For the first timers:

- Little Heroes, Age 5-6

For their littlest coders, this fun and interactive camp is so much fun they will not realise they are learning important concepts and skills!

- Spark, Age 7-12

Their most popular camp which over 25,000 children have loved. Spark is where they should start their coding journey.

Been to Code Camp before?

Code Camp are continually upping the ante, with more fun, more skills, more coding and more creativity!

Find which of the below Code Camps are at your most convenient location.

- AR Creators, Age 8-13
- 2D Game Makers, Age 7-12
- 3D World Builders, Age 8-13
- Web Hackers, Age 8-13

For further information, locations and parent reviews, please go to their [website](#) or telephone 1300 263 322.

Community News

ANZAC Day Eve Youth Vigil - Invitation

City of Marion are inviting you to attend the official ANZAC Day Eve Youth Vigil at Edwardstown Memorial Garden from 8pm on Wednesday 24 April. The vigil will see young people from service organisations pay tribute to those who have fought for their country by standing guard in shifts leading up to the ANZAC Day Dawn Service.

The ceremony will include an address by a member of the Defence Force, the laying of tokens of remembrance and the playing of the Last Post.

The vigil is an important event in preserving the legacy of the ANZAC's for current and future generations.

At the conclusion of the ceremony more than 60 young people ages 13 to 18 from service organisations, including the Australian Air Force Cadets, Scouts SA, Bright Surf Lifesaving Club and St John will stand guard in 15-minute shifts throughout the night leading up to the ANZAC Day Dawn Service at 6am.

Two Emmaus students Ellie and Kevin will be doing the vigil with Ascot Park Scouts.

Breakfast will be available after the service at the new clubrooms for a gold coin donation (monies go to registered organisations for former service personnel).

For more information marion.sa.gov.au

MarionLIFE March News

Neighbourhood Centre Week 2019

We are hosting a Neighbourhood Centre Week Event this year through our Marion Mugs program. Join us for Conversation, Companionship and Coffee! Event details are below:

What: 2019 Neighbourhood Centres Week Event

Who: Everyone is welcome including Carers.

Location: MarionLIFE Community Garden
887 Marion Road, Mitchell Park, parking at rear

Time: 9.30am to 11.30am

Date: Monday 6 May 2019

Cost: Free!

RSVP: 08 8277 0304 or info@marionlife.org.au

Emergency Relief Donations

The Emergency Relief stock at MarionLIFE Community Services is low at the moment and we are wondering if you/your community group are in a position to donate one or more of the following items? Items can be dropped off at MarionLIFE between 9am-12noon Monday-Thursday.

Food Items: Canned Soup, Canned Fruit, Canned Vegetables, Fruit in a cup, Baked Beans/Spaghetti, Harvest Steak and Onion, Pasta, Pasta Sauce, Cereal, Long Life Milk Full and Skim, Breakfast Spreads, Tuna, Small jars of coffee, Tea Bags.

Hygiene Items: Washing Powder 500g, Spray and Wipe 500ml, Dishwashing liquid 500ml, Tooth Paste 90g, Single Toothbrush, Shampoo 200ml, Men's and/or Women's Roll-on Deodorant, Nappies, Sanitary Pads.

Donated items support those in our community who are dealing with unemployment, homelessness, mental health issues, family breakdown and other struggles to access immediate support and give them head space to navigate a positive way forward. Thank you for your ongoing support of this work.

To contact the MarionLIFE Team telephone 08 8277 0304 or go to their [website](http://www.marionlife.org.au).

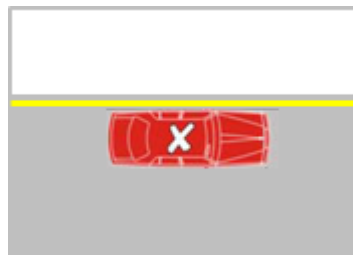
Parking Safely & Correctly

On-Street Parking

It has recently been brought to Council's attention there are parking issues occurring in residential streets. Therefore for your reference and to improve the situation please see below some common Australia Road Rules which refer to parking on-street legally, safely and appropriately.

Continuous Yellow Line

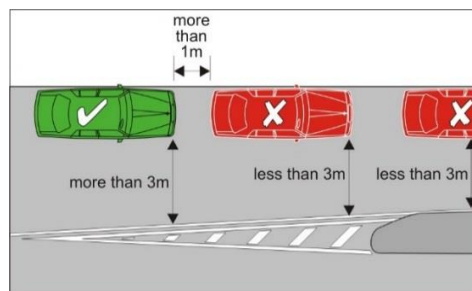
A driver must not stop on a length of road or in an area to which a continuous yellow line applies.



Australian Road Rule 169

Parallel Parking

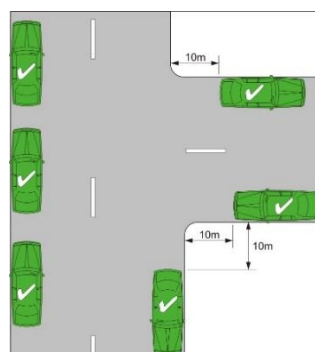
If the road has a continuous dividing line/dividing strip, the driver must position the vehicle at least **3 metres** from the continuous line or strip, unless indicated by information on or with a parking control sign. This means that if you cannot leave at least **3 metres** between your vehicle and the continuous line/strip you are parked illegally. This applies whether it is a line along the center of the road or if it is part of a traffic control device, island and/or median.



Australian Road Rule 208

Un-Signalised Intersection/Junction

A driver must not stop on a road within **10 metres** from the nearest point of an intersecting road at an intersection/junction without traffic lights



Australian Road Rule 170

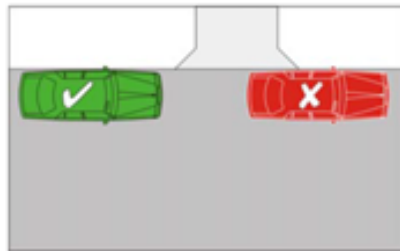
Parking Safely & Correctly

On-Street Parking

Obstructing a Driveway

A driver must not stop on or across a driveway or other way of access for vehicles travelling to or from adjacent land unless –

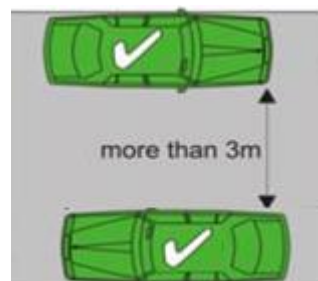
- Is dropping off or picking up passengers;
- Does not leave the vehicle unattended; and
- Completes the dropping off or picking up of the passengers and drives on as soon as possible and in any case, within **2 minutes** after stopping.



Australian Road Rule 198

Parking Abreast

If the road does not have a continuous dividing line or dividing strip, the driver must position the vehicle so there is at least **3 metres** of the road alongside the vehicle that is clear for other vehicles to pass.



Australian Road Rule 208

Adhering to parking regulations helps keep drivers and pedestrians safe. This information sheet illustrates several parking issues that have been highlighted within the City of Marion, It also describes relevant legislation.

The above referenced road rules are a legal requirement for all motorists and are enforceable by both Council and South Australian Police.

Please park correctly and safely.