



## IMPORTANT DATES

### MAY

- Fri 3 SACSA JS Athletics @ Santos Stadium
- Fri 3 - Sun 5 Generations in Jazz @ Mount Gambier
- Mon 6 - Fri 10 Foundation Water Safety Program @ SA Aquatic Centre
- Fri 10 JS Mothers Day Stall
- Tue 14 - Fri 17 NAPLAN (Years 3, 5, 7, 9)
- Mon 20 - Fri 24 SACSA National Christian School Sports Games
- Wed 22 - Fri 24 Year 7 Camp - Wirraway
- Sat 25 - Sun 2 June Year 11 Lands Trip

## From the Principal

### Dear Families and Friends

I would like to welcome you back to Term 2. It is my prayer that the Easter holiday period was both a time to invest into family time together and most importantly to remember the sacrifice Christ made for us all on the cross.

It was such a blessing having so many grandparents attend the annual Emmaus Grandparents day hosted by our Junior School students during the last week of Term 1. The day included a musical and drama performance, and some time with students undertaking activities with their grandparents in their classrooms. It warmed my heart seeing the glowing faces of the children as they work with, and performed in front of their grandparents. Many grandparents have also shared the joy it has brought them spending some time with their grandchildren at their school. Events such as this highlight the relational element so central to Emmaus.



Towards the end of the holidays it was with great excitement to hang the two sided sign (pictured right) with Ben Raw on Sir Donald Bradman Drive last Friday, promoting the 2020 commencement of our new Brooklyn Park campus. Work is progressing very well on the new school with completion still on target in about 4 -5 months. Enquiries and enrolments for the new school remain strong to date. Please share news of this new Christian schooling opportunity in the heart of the western suburbs with friends and family.



Finally it was a blessing for my family and I to spend some time together over Easter at Hall's Gap; certainly a reminder of God's spectacular creation. Upon our return to Adelaide we were greeted with the newly erected political promotional signs adorning light posts and street signs leaving no doubt we as a nation are in election mode! As you may recall from late last year, the issue regarding religious freedom for Christian schools is a very important election matter, and central to this election. The ability for schools like Emmaus to only employ Christian teachers is at the very heart of this attack on our freedoms. In most part having all Christian teachers is the single most important aspect of the College prospective Emmaus parents are seeking when interviewed. It is this very element being attacked, and the next parliament will surely resolve this matter (one way or the other). I encourage you to carefully explore the various party's position on religious freedom for Christian schools as a part of your prayerful election discernment process. Blessings

**Andrew Linke**  
Principal

Weekly Coffee Connect  
Tuesday Morning  
8.45am - 9.45am

Weekly Prayer Connect  
Thursday Morning  
8.45am - 9.15am

# Senior School

## Year 12 Formal

This year's formal was held on Friday 12 April in the Moet Room at Morphettville Race Course, after the pre-formal drinks at Emmaus with families, which was a great way to celebrate the event of everyone involved. The view from the room was a wonderful setting to celebrate the last year of secondary school and the year ahead, as we had a panorama of the lights of the city and hills. Students all looked especially grown up and elegant in their formal attire as the photographs below indicate. The night was also celebrated with a lovely meal, formal and free style dancing, (thanks to Footsteps and innate creativity), staff speeches and student awards. It was a privilege to be part of the formal and the journey of these young peoples' lives.



**Andrea Gear**  
Head of Senior School

## Easter Forbes Style!

Easter was celebrated at Forbes Primary School on Thursday 11 April. The Captains and Vice Captains served hot cross buns to students and staff - over 300 of them! Then they had an extra egg hunt in a native garden part of the oval. This was the highlight for the Primary students who were in a frenzied hive of searching for the eggs.

The students from Emmaus enjoyed themselves so much that we are intending to continue the lunch time programs throughout the remainder of the year. It is a wonderful way to make connections in our community and a credit to the leaders who have the drive to make it happen.

**Andrea Gear**                      **Adam Wood**  
Head of Senior School              Chaplain

# Uniform Shop

## Winter Uniform

Please refer to the Uniform section on the Emmaus website for details concerning the Winter Uniform for your child's year group. Ensure that your child's winter uniform still fits and is in good condition.

## New Winter Item

We have introduced a College scarf with our school colours. This is the only scarf that is permitted to be worn with the school uniform and is an optional item. The scarf sells for \$20.

## 2019 Normal Opening Hours

Monday	8.30am - 10.00am	Thursday	8.30am - 10.00am
	3.00pm - 5.00pm		1.00pm - 1.30pm
			3.00pm - 5.00pm

**Christine Blom-Cursaro**  
Uniform Shop Manager

# First Aid

## Adolescent Scoliosis Spinal Curvature. The National Self-detection Program for Scoliosis

Information for schoolgirls in Years 7 to 9 and their parents. Extracts taken from brochure 'The National Self-Detection Program'.

The past several decades have seen major advances in the management of spinal deformity of Adolescent Idiopathic Scoliosis (AIS) in particular. Early detection of AIS, and treatment where indicated, result in much better outcomes as might well be expected on general principles.

In the 70's many countries world-wide commenced the screening of school girls in the age range 11-13 years (Years 7 to 9 in most Australian states and territories) however these programs have not continued, largely due to the prohibitive cost factor. Note: Scoliosis which requires treatment is far less common in boys than in girls.

A new approach of self-detection is the way for the future and government and non-government schools are asked to periodically inform girls in Years 7 to 9 and their families of 'The National Self-Detection Program' (see website link below).

### HOW DO YOU DETECT SCOLIOSIS?

Simply look for it! It only takes 30 seconds.

### WHAT IS SCOLIOSIS?

Scoliosis is a lateral or sideways curve of the spine. The spine also rotates on its long axis as it curves. It usually develops during early adolescence (age 10-13 years) when growth is most rapid.

### WHAT IS THE CAUSE OF SCOLIOSIS?

The cause is unknown, but 80-90% of cases occur in otherwise healthy adolescents.

### WHY IS EARLY DETECTION IMPORTANT?

While very small curves are common and of no significance, about 2% of girls have a curve which warrants medical observation during the growth period. In some cases (three girls per 1000) treatment is required. The earlier it is undertaken, the better the long-term result.

### WHAT ARE THE OUTWARD SIGNS OF SCOLIOSIS?

- Head not centered over the body
- One shoulder higher
- One shoulder-blade higher and possibly more prominent
- Spine obviously curved
- Unequal gaps between the arms and the trunk
- One hip more prominent

### HOW SCOLIOSIS IS DIAGNOSED?

Apart from the outward signs with a teenager standing, the reliable Forward Bend Test is used in the diagnosis of scoliosis. This is a simple visual examination (see link below for more detail).

### WHAT ABOUT BROTHERS AND SISTERS?

Scoliosis tends to run in families. When a curve is detected in one member of the family (or there is a history of a blood relative having been treated for scoliosis) other children should also be examined by the family doctor.

### IS TREATMENT SUCCESSFUL?

Yes, modern methods produce excellent results when a curve is detected early.

### WHAT WILL HAPPEN IF SCOLIOSIS IS NOT TREATED?

The curve may increase unnoticed during the growing years. Moderate and severe curves may also increase in adult life. Left untreated scoliosis can cause severe pain, physical deformity and wear and tear arthritis may occur during middle life. **EARLY DETECTION IS IMPORTANT FOR A HEALTHY FUTURE.**

Please take the time to visit the link below to download a brochure from Scoliosis Australia which contains further detail about The National Self-Detection Program: [http://www.scoliosis-australia.org/pdfs/self\\_detection\\_brochure.pdf](http://www.scoliosis-australia.org/pdfs/self_detection_brochure.pdf)

If after reading this information, you think your child may have this condition, please consult your family doctor.

**Ros Argent and Maria McIver**  
**First Aid Officers**

## Canteen Roster

### Week 1 T2

Thu 2 No help needed

Fri 3 Nancy Pantelis

### Week 3 T2

Mon 13 No help needed

Tue 14 No help needed

Wed 15 **HELP NEEDED**

Thu 16 No help needed

Fri 17 Rebecca Hutchinson

### Week 2 T2

Mon 6 No help needed

Tue 7 No help needed

Wed 8 Sam Allison

Thu 9 No help needed

Fri 10 Karen Baker

### Week 4 T2

Mon 20 No help needed

Tue 21 No help needed

Wed 22 **HELP NEEDED**

Thu 23 No help needed

Fri 24 Catherine Chua

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

## Community News

### Grace Conference

Introducing a new stream to Grace Conference, exclusively for girls aged 13-18.

Grace Girls will now have separate sessions with their own keynote speaker and dedicated workshops that connect with life, growth, faith and culture as a teen seeking Christ.

#### 2019 Theme: Life to the Full

If you have ever longed to know what God says about how to truly live to the full, both for today and into the future, then you will love the book of James. Join Suzie Smith, Wendy Lin and Kate Stace as they dive into this practical and challenging part of God's Word, helping us to see how to live life to the full each and every day for His honour and glory.

Grace Conference is an annual day conference held in Adelaide in May each year. It is a time of women encouraging women from the Bible through worship, teaching, workshops and fellowship for women and teen girls.

The Conference is being held at Concordia College, 45 Cheltenham Street, Highgate on Saturday 25 May.

For further information <http://www.graceconference.org.au>

### Sturt Sabres Basketball Club

Sturt Sabres Basketball Club are holding a Domestic League 'Come 'N' Try Day' at Pasadena Sports Centre on Saturday 4 May.

For girls and boys born from 2010 - 2013, 12pm - 1pm

For girls and boys born from 2006 - 2009, 1pm - 2pm

Get a taste of basketball and see what Domestic League is about. Players from their Premier League Men's and Women's team will be present and all attendees will receive a family pass to attend the Premier League game on Saturday evening at Pasadena.

For further information <https://www.sturtsabres.com.au/>

\* Indicates items free of certain additives (see over page for list)  
 GF Indicates Gluten Free Products  
 V Indicates Vegetarian

## CURRIES

	<b>MONDAYS ONLY</b>	
Dahl		5.00
Lamb Rogan Josh with rice		5.00
Beef Masaman with rice		5.00

## SUSHI GF

	<b>WEDNESDAY ONLY</b>	
Smoked Salmon /Teriyaki Chicken/Cooked Tuna		2.50
Vegetarian /California Rolls		2.50
Soy Sauce		.10

## WEDNESDAY ONLY

Butter Chicken with Rice GF contains almond meal		5.00
Malaysian Chicken with Rice GF	<b>WEDNESDAY ONLY</b>	5.00

## ½ VIETNAMESE ROLL

	<b>THURSDAY ONLY</b>	
Please give an alternative on lunch order bag		2.50
Thai chicken / Butter Chicken contains almond meal		
Roast Pork / Tofu V		

## CROISSANT ORDERS ONLY

*(Please indicate toasted or fresh)*

Ham and Cheese croissant (75g)		3.50
Cheese and tomato croissant (75g)		3.50

## BAGUETTES (White or Wholemeal)

Meatballs, tomato sauce, lettuce, grated cheese	<b>ORDERS ONLY</b>	3.50
Falafel, carrot, lettuce, mayo V	<b>ORDERS ONLY</b>	3.50
Chilli chicken strip, carrot, lettuce, mayo		3.50
Chicken schnitzel 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 or gluten free

Buttered		1.20
Vegemite		1.60
Light Cheese*		3.00
Salad: lettuce, cucumber, tomato, grated carrot, mayo		3.70
Meat: Chicken* or Ham		3.70
Light Cheese and salad*		4.20
Meat: Chicken* or Ham and salad		4.20
*Salad=lettuce, cucumber, tomato, grated carrot, mayo		
GF bread is available. MARK clearly on lunch order.		0.50

## WRAPS - ORDERS ONLY

Chicken & salad*		4.20
Chilli chicken strips, lettuce, carrot, mayo		4.20
Chicken Schnitzel strips, carrot, lettuce, mayo* Falafel, carrot, lettuce, mayo V		4.20
*Salad=lettuce, cucumber, tomato, grated carrot, mayo		4.20

## EXTRAS

Spoon/Fork		.10
Mayo*		.20
Tomato Sauce*		.20
Light cheese slice*		.50
Salad item*		.50
(lettuce or cucumber or tomato or grated carrot)		

## HOT FOOD ORDERS ONLY

Spaghetti Bolognese		4.50
Vegetarian Lasagne		4.50
Vegetarian spring roll* <b>ORDERS ONLY</b>		1.00
Garlic Bread (9 inch)		2.00
Pizza: Ham & Pineapple/Cheese & Bacon		2.00
Potato wedges (about 150g)		2.00
Hot dog NO sauce		3.50
Hot dog WITH sauce		3.70
Light pie		3.70
Light potato pie		3.70
Light pizza pie		3.70
Light Sausage roll		3.70
Spinach and cheese roll		3.70
Wholemeal Meat Pasty <b>ORDERS ONLY</b>		4.50
Wholemeal vegetarian Cornish pasty <b>ORDERS ONLY</b>		4.50
Gluten Free Sausage Roll		4.50
Tomato sauce*		.20

## BURGERS - ORDERS ONLY

Vegetarian: Vegetarian patty, carrot, tomato, cucumber, lettuce, mayo		4.20
Beef: Beef patty, lettuce, mayo, tomato sauce*		4.20
Chicken: Crumbed chicken patty, lettuce, mayo*		4.20

GF is available in the chicken with GF bread.

MARK clearly on lunch order. 4.50

## SNACKS

3 Jatz biscuits*		0.30
Fruit strap*GF		0.50
Grainwaves		1.00
Chips: plain*, honey soy, veg chips GF		1.00
Fruit in season*		1.20
Light choc muffin		1.70
Gingerbread kids		1.60
Banana bread*		2.00

## ICEBLOCKS OVER THE COUNTER ONLY

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

## DRINKS

500ml Thank You Water*		1.50
600ml NU Light Sparkling water		1.50
250ml Harvey Fresh (Apple, Apple Blackcurrant, Orange*)		1.50
250ml Up & Go (Chocolate*/Strawberry*/Vanilla*)		2.00
250ml Oak Strawberry*/Chocolate*		2.00
450ml Golden Circle (Apple/Orange Apple Blackcurrant)*		2.20

# Canteen Procedures and Rules – 2019

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

## 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 ice blocks. They can be purchased direct at lunchtime.

Should orders miss the deadline, not all items are available.

There are some foods that can only be purchased if ordered, e.g. sandwiches, rolls, chicken burgers and spaghetti.

## 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.

## 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

# The Emmaus Christian College's Production of



Based on a Disney Channel Original Movie

**Wednesday, July 24**

**Thursday, July 25**

**Friday, July 26**

**Saturday, July 27**

**Performing at Goodwood Institute. Ticket details coming soon**

Licensed exclusively by Music Theatre International (Australasia).

All performance materials supplied by Hal Leonard Australia