



IMPORTANT DATES

AUGUST

Mon 12 - Fri 16	Science Week
Fri 16	JS Indonesian Day
	SA Band Festival @ Westminster School
Mon 19 - Fri 23	Bookweek
Wed 21	Stage Band @ Essentially Ellington Festival, Brighton Secondary School
	Yr 8/9 Boys & Girls SACSA AFL @ Barratt Reserve, West Beach
Thu 22	Open Boys & Girls SACSA AFL @ Barratt Reserve, West Beach
Wed 28	Yr 3-9 Cross Country Carnival @ Bonython Park
Fri 30	JS Father's Day Breakfast

From the Head of Junior School

Dear Families and Friends

We value student to student relationships – the blessing of buddy classes

Interaction and relationship building between our Junior Primary and Middle/Upper Primary classes is one of the highly valued experiences that enrich the culture of community at Emmaus.

During weekly and fortnightly sharing times, students across the Junior School year levels, engage in a variety of cross age activities both indoors and outdoors.

Teachers recently shared with each other the types of learning experiences that occur during this time. They include: maths games, craft/art, skipping, reading/stories, buddy reading, science experiments, HASS activities, literacy games, social skills, shared lunch, problem solving activities, and anything a bit more complicated needing one to one help eg. Easter baskets, science mobiles, digital technologies.

Staff overwhelmingly shared, that they value extremely highly, these times for growing and nurturing relationships:

- **Builds community** - a culture that values cross-age relationships
- **Nurtures a safe environment** - offers familiar safe faces in the playground; a 'friendlier' environment; helps with any perceived fear of older students; offers a 'big kid' ally in the school yard
- **Induction and Orientation opportunities** - Foundation children in their first year are assisted to feel connected to other children in school
- **Fosters an inclusive and tolerant community** - for students of all cultural backgrounds; a chance for older students of all academic abilities to feel empowered helping youngsters
- **A sense of family** - older children without siblings have an opportunity to share and mentor younger children
- **Social skills development** - older students relate to younger students; students are assisted to see beyond their own class & experiences; they develop supportive relationships; children adjust their interactions/are considerate of those younger in the school
- **Leadership development** – older children lend a skill/model a skill; older students have the opportunity to take leadership roles
- **Oral language development** – Junior Primary children talk and interact at a higher level
- **Enhances imagination and creativity** – offers a license for older children to play through dress up and imaginary play

How thrilled we were as staff to hear Dr Rob Loe at the recent CSA State Conference, confirm the value and importance of strong and positive relationships within classrooms and across the school. Dr Rob shared, *"Close relationships, more than money or fame, are what keep people happy throughout their lives. Those ties protect people from life's discontents, help to delay mental and physical decline, and are better predictors of long and happy lives than social class, IQ or even genes."*

Dr Rob reminded us students need to feel connection and they need to feel cared for. With these things in place, they will have better academic outcomes. Students won't learn if they are frightened, unhappy, or feel they don't belong. Restorative relationships are critical to wellbeing and to harmony and peace in this world.

Dr Rob summarised it beautifully when he said **Relationships matter**. The Bible says *"Love your neighbour as yourself."* **Mark 12:31**. We are hard wired to connect.

Know that your children are part of a community that truly values the importance of relationship.



Helen Vonow
Head of Junior School



Weekly Coffee Connect
Tuesday Morning
8.45am - 9.45am

Weekly Prayer Connect
Thursday Morning
8.45am - 9.15am

Senior School

Year 12 Retreat

Once again, our Year 12 students enjoyed a wonderful retreat at Adare Campsite, Victor Harbor during the last two days of Term two. The aim of this camp is some well-earned rest and relaxation for our Year 12 students as they plough their way through the demands of the year.

We were blessed with sunny daytime weather, albeit a little chilly in the mornings, and enjoyed the lovely, relaxing venue of Adare Campsite.

During the two days, students stayed in their CCAPP groups and worked through a rotation of four activities. These were bike riding along the foreshore, kayaking in the backwaters, obstacle course and the flying kiwi, as well as challenge problems.

Part of the camp was set aside for reflection and devotions and reminded the students of the unique value in the eyes of God. On the final afternoon, a devotion about the challenges that lie ahead which can be faced with hope and God's grace.

The students entertained each other and us greatly with their "Red Faces" items on the Thursday evening and there were many talents, otherwise undiscovered, in the group, including fabulous music, dances with a difference and quizzes created especially for the evening. Perhaps the best part of all was when the students received their letters from parents. It was a moving way to finish the camp and the term, especially knowing that there are people who care so much in their lives.

We all had a great time and Year 12s will now 'knuckle down' for what will be not much more than a term of lessons and then their final assignments and exams.



Andrea Grear
Head of Senior School



Launch News

PESA (Plain English Speaking Association)

Congratulations to Kaitlin, Year 10 who was placed 3rd in the State for her 8-minute speech on *"Defining Moments, Defining Lives."* She highlighted that we often are quick to define a person by one or two mistakes they make rather than putting their mistakes in context.

Kaitlin used the example of Trevor Chapell and his underarm bowling decision against New Zealand that he is famously remembered for, not the amazing work he has done in coaching students.

Susanne Milne
Launch Coordinator (F - Year 10)

Music

Music Performance Calendar

Yesterday our Vocal Ensemble and Chamber Ensemble, along with some Year 11 and 12 soloists entertained the audience at the 'Tuesday on Flinders' Concert in the beautiful building that is Flinders St Baptist Church.

We have a number of performance opportunities for our music students coming up this term as follows:

- Week 4 - Stage Band performs at the SA Band and Orchestra Festival
- Week 5 - Stage Band performs at Essentially Ellington Down Under Festival
- Week 6 - Rock Band performs at our Father's Day Breakfast
- Week 6 - All instrumental students are invited to play at our Spring Instrumental Evening at ECC

Tracey Medhurst
Performing Arts Assistant

Student Wellbeing Coordinator

Getting to school on time

Do you find it difficult to make sure your child is getting to school on time? Do they sleep in, take too long to get ready or refuse to go? This can take quite a toll on your family, work life and your child's schooling. Here are some ideas to help curb the bad habit before it turns into a serious concern.

- 1. Understand the importance of your child being at school on time every day**
Even a few consistent late days can really add up. Say your child is only 10 minutes late to school 3 days a week. Not only do they miss out on essential relationship building and organisational time, those minutes add up to 1,200 minutes- 20 hours of school missed in one year. That is definitely a big deal!
- 2. Understand what might be going on for your child**
Determine if there are any barriers at home or school that are preventing your young person from coming to school. Are they anxious? Do they have secure relationships with their teachers and peers? Do they feel safe at school? Are they prepared? Are they physically well?
- 3. Communicate with the school to receive support**
Talk with your child's teacher or school counsellor so they can help you remove barriers and support your child to feel better about coming to school.
- 4. Have strong boundaries around routine**
Routine is SO important and beneficial for all human beings, but especially for young people. Make sure bedtime is consistent. Young people require 8-10 hours of sleep and even teenagers are often not yet able to regulate this themselves. Adults should set and lovingly enforce the bedtime. Morning routines are equally important. Develop a routine that works for your family. If you find that everyone is rushing to get out the door, everyone should get up 15 minutes earlier or find strategies (ie. a more responsible sibling to help with shoes etc.) until you have found a morning routine that works for you. Remember, your family is a team! If one person is struggling with someone, everyone needs to rally.
- 5. Set consistent consequences**
If your child continues to make poor choices after you have removed barriers and worked through the other strategies, try using logical consequences to help them make better choices and learn responsibility. If your child fusses and fights in the morning, or does not care if they are late, implement an earlier bedtime, extra homework time in the afternoon or less device time. Explain to your child that their behaviour shows that they need more sleep, more rest or more preparation.

Remember, being on time is not just an important school skill - it is an essential life skill!

Blessings

Kat Clark
Student Wellbeing Coordinator

Uniform Shop

Please note: The uniform shop will be closed on Monday 19 August, due to a development day.

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
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Christine Blom-Cursaro
Uniform Shop Manager

Canteen News

Price Increase

Due to an unexpected and significant rise in the cost of pizza from our supplier, we have increased the price from \$2 to \$2.50. Please see the updated price list at the end of this newsletter.

Canteen Roster

Week 3 T3

Thu 8 No help needed
 Fri 9 Rebecca Hutchinson

Week 5 T3

Mon 19 No help needed
 Tue 20 No help needed
 Wed 21 **HELP NEEDED**
 Thu 22 No help needed
 Fri 23 Karen Baker

Week 4 T3

Mon 12 No help needed
 Tue 13 No help needed
 Wed 14 **HELP NEEDED**
 Thu 15 No help needed
 Fri 16 Kiki Essid

Week 6 T3

Mon 26 No help needed
 Tue 27 No help needed
 Wed 28 **HELP NEEDED**
 Thu 29 No help needed
 Fri 30 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

Gifted and Talented Children's Association of SA

Saturday Club Term 3 sessions are booking fast, for further information go to <https://gtcasa.asn.au/>

Baseball for Kids!

Adelaide Angels Baseball Club are holding 'Come and Try' sessions at Diamond Sports, West Beach (indoors) on Tuesday 3 September 5.30pm - 7.30pm. All are welcome, for all enquiries call Kat Ganley, Junior Coordinator on 0431 420 570.

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

CURRIES

MONDAYS ONLY

Dahl	5.00
Lamb Rogan Josh with rice	5.00
Beef Masaman with rice	5.00

SUSHI GF

WEDNESDAY ONLY

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 WEDNESDAY ONLY	5.00

½ VIETNAMESE ROLL

THURSDAY ONLY

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 ORDERS ONLY	3.50
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Falafel, carrot, lettuce, mayo V ORDERS ONLY	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* (lettuce or cucumber or tomato or grated carrot)	.50

HOT FOOD **ORDERS ONLY**

Spaghetti Bolognese	4.50
Vegetarian Lasagne	4.50
Vegetarian spring roll* ORDERS ONLY	1.00
Garlic Bread (9 inch)	2.00
Pizza: Ham & Pineapple/Cheese & Bacon	2.50
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 ORDERS ONLY	4.50
Wholemeal vegetarian Cornish pasty ORDERS ONLY	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

Senior School Career Planning

Tertiary Open Days



Our year 12 students have had the opportunity this year to have a tour of Adelaide Uni, and the Year 11 students will have the option to spend the day at Flinders Uni as a school excursion. Along with these visits, the Tertiary Open Days provide an ideal opportunity to visit the campuses of the Tertiary Campuses and discuss courses and view facilities, to assist students with career decision making. The open days are scheduled over a weekend, anticipating that parents may like to accompany their students.

Following are some details of open times for some of the specific institutions:

- **Flinders Uni -Friday 16th & Saturday 17th August - 9:30am - 3:30pm**
<http://www.flinders.edu.au/opendays>
- **UniSA City West - Sunday 18th August - 9am - 4:30pm**
<http://www.unisa.edu.au/openday/>
- **Adelaide Uni - Sunday 18th August at the North Terrace Campus – 9:30 am - 4 pm**
<http://www.adelaide.edu.au/openday>
- **Tabor Adelaide Saturday 17th August from 10am-3pm**
<https://tabor.edu.au/tabor-open-day-2019>
- **TAFE SA Adelaide College of Arts Sunday 18th August – 10:30am -2:30pm**
<https://www.tafesa.edu.au/courses/arts-design>