

**Next College Newsletter: Wed 15<sup>th</sup> February 2017**  
 Please email your articles to: newsletter@emmauscc.sa.edu.au

## Important Dates

### February

#### Thu 2nd

Whole School Photo Day

#### Fri 3rd

Pilgrim & Music Scholarship applications close

#### Sat 4th

Staff Dedication @ 5.30pm in EPAC  
 ECG Welcome BBQ @ 6.10pm

#### Mon 6th

Rec - Yr 2 Parent Information Evening @ 7.00pm in EPAC

#### Tue 7th

Yr 10 & Yr 11 New to Senior School Evening @ 7.00pm in EPAC

#### Wed 8th

Reception students day off  
 Yr 3 - 6 Parent Information Evening @ 7.00pm in EPAC

#### Mon 13th - Fri 17th

Yr 1 - 6 Water Safety Education Wk

#### Tue 14th

Middle School Parent Information Evening @ 7.00pm in EPAC  
 Yr 8 Boys & Girls Immunisation 1

#### Wed 15th

Reception students day off

#### Fri 17th

ECG Meeting in Staffroom @ 8.35am

## 2017 Term Dates

### Term 1

Mon 30 Jan - Thu 13 Apr

### Term 2

Tue 2 May - Fri 7 Jul

### Term 3

Wed 26 Jul - Fri 29 Sep

### Term 4

Mon 16 Oct - Wed 6 Dec

*(Term dates subject to change)*

Weekly Coffee Connect  
 Tuesday Morning  
 9.00am - 10.00am



Weekly Prayer Connect  
 Thursday Morning  
 8.30am - 9.00am



## From the Principal

**Isaiah 40:30-31** "Even youths grow tired and weary, and young men stumble and fall; but those who hope in the Lord will renew their strength. They will soar on wings like eagles; they will run and not grow weary; they will walk and not be faint."

### Dear Friends and Families

I extend a warm welcome to you as we enter the 2017 school year. As we start this year I would like to particularly welcome all new Emmaus families. We will commence with approximately 740 students, the highest enrolment in the history of the College.

It is my prayer that the holiday period presented an opportunity for some quality family time. In the words of Isaiah above, may 2017 give you and your families a renewed strength from the hope brought to you by our faith in the Lord. Despite the obstacles 2017 may hold, I pray you soar on wings like eagles; run the race without growing weary; and walk the 'good-walk' without becoming faint.

Our year started out last week with an Emmaus Facebook site 'meltdown' of magnitude I am told only seen when a Kardashian posts a new hair style, or the birth of a new Royal is announced (or maybe somewhere in that vicinity!). Within the first few hours of posting the proposed establishment of a new Emmaus West campus and ELC in Brooklyn Park approximately 12,000 'views' were recorded; almost 300 'likes/comments' were made; and 41 Facebook 're-shares/posts' of the news were made to other accounts.

As shared in my letter sent Wednesday, the proposed new site will have no impact on the size, offerings, operations or ministry of the South Plympton site. The proposed Brooklyn Park campus represents the introduction of parent choice in the western suburbs for a non denominational, evangelical, protestant school and ELC (as such parent choice does not currently exist anywhere in that area). As with our South Plympton site, the proposed new campus will be completely independent of any Church denomination, yet embrace all those seeking a distinctly Christian education for their children from an all Christian staff. The photograph below was taken last Wednesday at the proposed new site immediately following the announcement. I intend to keep the school community well informed of our progress on this exciting ministry opportunity in the west of our city. Please continue to pray for God's guidance and wisdom in this area.

The 2016 school year concluded with some very exciting news in relation to our Year 12 results. Below is a 'snap-shot' of the Emmaus Year 12 results:

- 100% of students successfully completed their SACE
- Nine 'Merits' (perfect subject scores) were awarded to Emmaus students (impressive for a smaller cohort of 52 students)
- 33% of all grades were in the A band - compared to 23% across the State
- 52% achieved an ATAR over 80 (in the top 20% of the State)
- 25% achieved an ATAR over 90 (in the top 10% of the State)
- 10% achieved an ATAR over 95 (in the top 5% of the State)

These results at Year 12 level are consistent with our 2016 NAPLAN results at Years 3, 5, 7 and 9 for Numeracy and Literacy which saw our Emmaus students perform 8% above State averages. This represents an average advancement of 15 months ahead compared to their same age average State counterparts. Ultimately we give glory to God for the successes of our students and a special thank you to our teachers and families for supporting all our students across the College to achieve such impressive results. As a College we now turn our attention towards the 2017 academic year ahead with faithfulness and optimism.

**Andrew Linke**  
**Principal**



Photo courtesy of The Advertiser

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## ***Junior School News***

Welcome back to a new year at school. Welcome also to our new families who have joined us for the first time. What a wonderful start to the year it has been. It was a pleasure to see the students arrive at school on the first day with smiles on their faces, excited about catching up with their friends, making new friends and meeting with their teachers.

On Monday we had our first assembly to gather the Junior School together, welcome new students, teachers and introduce the new devotional theme for this year. Our assembly devotions in 2017 will focus on the theme God is Good all the Time. The excitement continued throughout the day as students learnt or revisited classroom routines, rules, organised timetables and began lessons. A highlight for me always is my visits to the classrooms to see how everyone is settling in, teachers included!

Three hundred and two students are currently enrolled in the Junior School with many classes at capacity. The Junior School has a total of twelve classes for 2017. We have an additional Year 3/4 class to cater for expanding numbers.

We are excited to announce that Susan Van der Merwe and Sarah Argent have joined the Junior School Teaching team this year as Year 3/4 class teachers.

A few things for the diary: Water Safety Education Week for students in Years 1-6 will be in Week 3. Reception students will have their Water Safety Education in Term 2, Week 2. Please remember to name all clothing and swimming gear. Parents are welcome to come to the Marion Outdoor Pool to watch their child's swimming lessons.

The Parent Information Evenings will be on Monday 6<sup>th</sup> February (Week 2) for Junior Primary parents and Wednesday 8<sup>th</sup> February for Upper Junior School parents. You will receive further details about these events next week.

All Reception students will have Wednesdays off for the first 6 weeks of Term 1.

Please take the opportunity to meet your children's teachers and get to know them. Talk to them about your children with the knowledge that they too are passionate about your child's education and want to partner with you in helping them grow and flourish this year.

I look forward to partnering with you this year and I am very much looking forward to seeing our amazing students learn and grow and have fun all at the same time.

**Annette Craven**  
**Head of Junior School**

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## ***Middle School News***

### **Dear Parents and Caregivers**

Welcome back to the new school year.

The Middle School team looks forward to partnering with you in the development and growth of your child(ren) over this year and into the future.

Please note that Tuesday 14<sup>th</sup> February will be our Middle School Parent Information evening at 7.00pm in the Emmaus Performing Arts Centre (EPAC). We will introduce the staff team to you and provide an opportunity for you to meet with your child's home group teacher.

We look forward to connecting and chatting with you then.

**Andrew Edmondson**  
**Head of Middle School**

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## ***College News***

### **College Scholarships**

ACEP Scholarships have now closed.

Students applying for the Year 8 ACEP Scholarship are reminded that the exam date is Saturday 4<sup>th</sup> February, commencing at 9.00am. Information regarding this was posted on 23<sup>rd</sup> January. Please contact Barb Greenslade on 8292 3834 should you have any queries.

Applications for Pilgrim and Music Scholarships close on Friday 3<sup>rd</sup> February. Please visit our website, under the student tab for more details.

### **Staff Dedication/Welcome BBQ**

All families will have received an invitation to our annual Staff Dedication and Welcome BBQ this Saturday (4<sup>th</sup> February) in the end of year mail out. Those attending are reminded that the Staff Dedication will commence at 5.30pm in the Emmaus Performing Arts Centre (EPAC), followed by a welcome BBQ in the College grounds. This will also be an opportunity for the College community to meet new staff.

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## ***Music***

If you are interested in your child having individual instrumental tuition this year, please complete an enrolment and agreement form to guarantee a place. Forms are available from the College website, at Student Services or in the Front Office.

**Andrew Verco**  
**Music Coordinator**

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## ***First Aid***

### **Medication Policy**

Welcome back. We trust you have all had a refreshing and relaxing break. As we begin the New Year we would like to remind parents that if your child requires medication during school hours or while on camp, the school must be provided with a **MEDICATION PLAN, ASTHMA CARE PLAN** or other relevant Health Care Plan, completed and signed by a doctor. **This applies to all prescription and non-prescription medications and nutritional supplements.** These plans must be updated every 12 months. If your child requires an Asthma Plan we would advise that the doctor also includes details of their asthma preventer medication (if applicable) so that we can have a complete picture of your child's asthma management plan and so that this information is in place ready for their school camp during the year.

**MEDICATIONS** are kept secure in the First Aid Room and **must be provided in their original packaging, with a pharmacy label attached** and handed in to the Front Office by an adult. Senior School Students may self-medicate providing the school is informed and the First Aid Officers have been provided with a Medication Plan completed by a doctor. Senior School Students may only carry a single day's dose of medication which must be kept in a safe location, ie locked locker. Please refer to our Medication and Sickness Policy for further details.

### **IMPORTANT NOTICE RE SWIMMING – WATER SAFETY EDUCATION WEEK (Years 1 - 6), Week 3, 13<sup>th</sup> - 17<sup>th</sup> February**

Before children are able to participate in this swimming week, a yellow 'Water Safety Program Consent Form' must be completed and returned to Student Services. There is a section on this form where parents must indicate if their child has a medical condition and where necessary, provide details. First Aid Officers will attach a copy of any Care Plans which have been provided. Please note that if you tick the box to indicate your child has asthma, they must have a blue reliever puffer with them at lessons. Without a reliever puffer, swimming instructors will not allow your child into the pool.

Thank you.

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

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## ***Careers Corner***

Welcome to 2017! As VET Coordinator I am looking forward to another exciting year working with and supporting our students in their career making decisions.

Vocational Education Training (VET) is a fantastic option for students who do not wish to follow a university pathway and are keen to start their career pathway whilst they are still at school.

VET provides students with the opportunity to study entry level training in their chosen field of interest whilst completing high school.

A Vocational Education Training (VET) course is a certificate course that provides students with industry based training in a chosen career. The qualification is usually at Certificate I or II level, however they can be offered at Certificate III level. VET courses are usually only available from Year 11 onwards.

Congratulations to Levi who gained a carpentry apprenticeship over the holidays. Levi studied Certificate I Construction as a VET course last year as part of his SACE. Well done Levi and I wish you all the very best in your apprenticeship.

If you have any queries throughout the year regarding Vocational Education Training (VET) please feel free to email me on [ctorjul@emmauscc.sa.edu.au](mailto:ctorjul@emmauscc.sa.edu.au)

**Cathy Torjul**  
**VET Co-ordinator**

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## ***Uniform Shop***

### **2017 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**

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## Canteen Roster

### Week 1 T1

Thu 2 <sup>nd</sup> February	No help needed
Fri 3 <sup>rd</sup>	<b>HELP NEEDED</b>

### Week 3 T1

Mon 13 <sup>th</sup>	No help needed
Tue 14 <sup>th</sup>	No help needed
Wed 15 <sup>th</sup>	Alisa Wenzel
Thu 16 <sup>th</sup>	No help needed
Fri 17 <sup>th</sup>	Tam Battersby

### Week 2 T1

Mon 6 <sup>th</sup>	No help needed
Tue 7 <sup>th</sup>	No help needed
Wed 8 <sup>th</sup>	Sam Allison
Thu 9 <sup>th</sup>	Helen Talbot
Fri 10 <sup>th</sup>	Gina Smith

### Week 4 T1

Mon 20 <sup>th</sup>	No help needed
Tue 21 <sup>st</sup>	No help needed
Wed 22 <sup>nd</sup>	Karen Baker
Thu 23 <sup>rd</sup>	No help needed
Fri 24 <sup>th</sup>	Helen Gear

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 Janine Richards**

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## Student Wellbeing Coordinator

Welcome back to Emmaus for another year – and it is a pleasure to also welcome many new families to Emmaus.

Ben Squire and I will continue in our roles this year as Student Wellbeing Coordinators. As part of our role, we spend time with students and parents and offer them support, encouragement and referrals to professional services when needed. We are very grateful that our College is part of the Parentingideas community, and as such we also often provide fact sheets and information to families as well.

If you would like to meet with either Ben or myself, we can be contacted at the College to arrange an appointment. If you would like us to chat with your children, then please feel free to either call or email us with your concerns and we will be happy to contact their teachers and arrange a time to meet with your child at school.

Student Wellbeing Coordinator's hours for 2017:-

### Sue Chapman

Monday	8.30am - 3.30pm
Tuesday	8.30am - 5.00pm
Wednesday	-
Thursday	8.30am - 4.00pm
Friday	8.00am - 3.30pm

### Ben Squire

Monday	-
Tuesday	-
Wednesday	10.30am - 3.30pm
Thursday	1.30pm - 3.30pm
Friday	-

Student Wellbeing Coordinator direct line 8292 3828

Email [schapman@emmauscc.sa.edu.au](mailto:schapman@emmauscc.sa.edu.au) or [bsquire@emmauscc.sa.edu.au](mailto:bsquire@emmauscc.sa.edu.au)

To begin our year ....

For the Parentingideas blog page to read an interesting article entitled '12 ways to parent differently in 2017' go to <http://www.parentingideas.com.au/Blog/January-2017/12-ways-to-parent-differently-in-2017>

**Sue Chapman**

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## Community News

### eSmart Health: Computers, Tablets, Screen Time - Managing the Physical Health Impacts

This seminar discusses the evidenced based research that shows the detrimental effects that increased screen time, sedentary lifestyles and poorly setup computers and tablets can have on the physical health and wellbeing of school aged children. Greg will also present the solutions that are most pertinent for schools that are supplying their students with these devices. Presented by Greg Campbell, Smart Health & Training Services on Wednesday 8<sup>th</sup> February, 6.00pm – 7.30pm at Cove Civic Centre, 1 Ragamuffin Drive, Hallett Cove. The seminar is FREE and bookings are essential 8375 6785 or online at [marion.sa.gov.au](http://marion.sa.gov.au)

## Road Safety - SAPOL

For the current 'Talkin' Road Safety' Newsletter Issue 5 for January 2017, please go to:

<https://www.police.sa.gov.au/services-and-events/community-programs/road-safety-education>

This is also published on the South Australia Police Internet page under Road Safety and this edition discusses:-

- Bicycles with combustion engine - Outlawed
- Top 5 distractions whilst driving
- Warning & Regulatory signs
- Top 10 tips for emergency breakdowns
- Hypo + driving can kill!

If you would like further information about the Road Safety newsletter, please contact the SAPOL Road Safety Section on 8207 6587.

## MILO in2CRICKET Program

MILO in2CRICKET is the national grass root program for cricket in Australia, with the aim of introducing kids in Reception, Year 1 and Year 2 to the great Australian game. It provides children with an opportunity to develop fundamental movement skills, meet new friends and have fun with their whole family in a safe and interactive environment.

If you wish to try the program there will be a FREE Come and Try held at:

- Sturt Cricket Club, on Saturday 4<sup>th</sup> February at 9:00am (Angas Road, Hawthorn)
- Warradale Cricket Club, on Saturday 4<sup>th</sup> February at 9:00am (Colton Avenue, Hove)
- Coromandel Cricket Club, on Thursday 9<sup>th</sup> February at 4:30pm (Coromandel Parade, Blackwood)
- Marion Cricket Club, on Friday 10<sup>th</sup> February at 6:00pm (262 Sturt Road, Marion)
- Reynella Oval Community Centre, on Saturday 11<sup>th</sup> February at 9:00am (Oval Road, Old Reynella)
- Adelaide Cricket Club, on Friday 17<sup>th</sup> February at 4:30pm (Naldera Street, Glandore)

There are multiple programs running in your local community and by registering at one of them, not only will you enjoy some great cricket fun this Term but every registered child receives a MILO in2CRICKET Participant Pack including bat, ball, T-shirt, bucket hat, backpack, drink bottle and other goodies! They will look just like their Aussie Cricket heroes!

To find out more details about your nearest Centre and to register for this Term log on to [www.playcricket.com.au](http://www.playcricket.com.au) and type your post code into the centre finder.

## MILO T20 Blast Program

MILO T20 Blast is a fun, safe, social and action packed cricket program for boys and girls in Year 2-5. The program involves modified games of cricket, where each child gets an equal turn at batting, bowling and fielding.

There are many centres starting soon with the first session at each centre is always being a FREE Come & Try Session.

Your nearest MILO T20 Blast Centre will be run at:

Coromandel Valley, Hewett Sports Reserve, Cnr Garnett Avenue & Coromandel Parade, Blackwood

FREE Come & Try: Tuesday 7<sup>th</sup> February, 5:30pm – 7:00pm

By registering for MILO T20 Blast everyone will get a full season of fun, excitement, new skills and also a MILO T20 Blast Participant Pack including playing shirt, Adelaide Strikers cap, bag and more!

To find out more details about your nearest Centre and to register for this season log on to [www.playcricket.com.au](http://www.playcricket.com.au) and type your post code into the centre finder.

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# Learning Assistance Program

We need your help!

***Are you** a parent, grandparent, old scholar or community member?*

*Do you have **40 minutes a week** to spend with one student?*

*Did you know you can **help a child** to:*

- Develop greater self-esteem and confidence
- Learn more about themselves and others
- Reinforce to them that they are special?

*If your answer is YES...*

**Please come to the LAP afternoon tea on Tuesday 7th February at 2.00pm or contact Carolyn Adams (LAP Coordinator) on 8292 3849**

The children in this program may:

- *Be aged between 5 and 12 years*
- *Need help and encouragement with class work*
- *Have an interest or talent to be developed*
- *Be experiencing difficulties with learning*
- *Need someone to listen and show they care*

**CANTEEN PRICE LIST**

Updated 14/11/16

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

GF indicate Gluten Free Products

<b><u>SUSHI -WEDNESDAY ONLY - ALL</u></b>	2.50
Smoked SalmonGF /Teriyaki Chicken/Cooked TunaGF/ VegetarianGF/California RollsGF Soy Sauce	.10

Chicken "cold roll" Salad	<b>WEDNESDAY ONLY</b>	5.00
Beef "cold roll" Salad	<b>WEDNESDAY ONLY</b>	5.00
Butter Chicken with Rice	<b>WEDNESDAY ONLY GF</b>	5.00
Malaysian Chicken with Rice	<b>WEDNESDAY ONLY GF</b>	5.00

**BAGUETTES - white or wholemeal**

Meatballs, tomato sauce, lettuce, grated cheese <b>ORDERS ONLY</b>	3.30
Chicken, carrot, lettuce, mayo*	3.30
Chilli chicken strip, carrot, lettuce, mayo	3.30
Chicken strip, carrot, lettuce, mayo*	3.30
Chicken and salad *	4.00

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

**SANDWICHES - Wholemeal only- ORDERS ONLY**

Buttered	1.20
Vegemite	1.60
Light Cheese*	2.60
Salad: Lettuce, carrot, tomato, cucumber, grated carrot & mayo	3.30
Meat: Chicken* or Ham	3.40
Light Cheese and salad*	3.90
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

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

**EXTRAS**

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

**SALADS TERM 1 & 4 ONLY - ORDERS ONLY**

Ham & salad	4.00
Cheese & salad* <b>Gluten Free</b>	4.00
Chicken & salad* <b>Gluten Free</b>	4.00

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

**HOT FOOD - TERM 2 & 3 ONLY - ORDERS ONLY**

Spaghetti Bolognese with fork	4.20
Vegetarian Lasagna	4.20

**HOT FOOD**

Tomato sauce*	0.20
Vegetarian spring roll*	1.00
Pizza: Ham & Pineapple/Cheese & Bacon	2.00
Potato wedges	2.00
Hot dog NO sauce	3.00
Hot dog WITH sauce	3.20
Light pie or pasty	3.30
Light potato pie	3.30
Light pizza pie	3.30
Spinach and cheese roll	3.30
Light sausage roll	3.30
Meatballs Baguette, tomato sauce, lettuce, grated cheese* <b>ORDERS ONLY</b>	3.30
Whole meal vegetarian sausage roll <b>ORDERS ONLY</b>	3.30
Sausage Roll <b>Gluten Free ORDERS ONLY</b>	4.30
Nachos Mild * <b>Gluten Free ORDERS ONLY</b>	5.00

**ORDERS ONLY - BURGERS**

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
3 Jatz with light cheese*	0.50
Go cookie*	0.80
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
Strawberry Fruche with spoon* GF	1.80
Banana bread*	2.00

**ICEBLOCKS (over the counter ONLY)**

Fruit tubes	0.50
Juicies*	0.80
Moo - Strawberry/Chocolate*	0.80
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*	1.30
250ml Up & Go (Chocolate*/Strawberry*/Vanilla*)	1.70
250ml Big M Strawberry*/Chocolate*	1.70
350ml Golden Circle:Apple/Orange Apple Blackcurrant*	2.00

# CANTEEN PROCEDURES & RULES – 2017

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, chicken 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 cheese or Vegemite sandwich and a piece of fruit or a baguette) for the cost of \$3.00. Payment will be required the following day.

### Secondary Students

Report directly to the Canteen Manager.

## 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.



# Be *kind* and *un*wind.

## Personal Wellbeing

Wednesday February 22nd 2017

9:30am to 2:30pm

Woodcroft-Morphett Vale Neighbourhood Centre

175 Bains Rd

Morphett Vale 5162

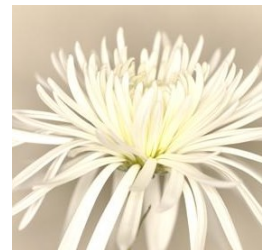
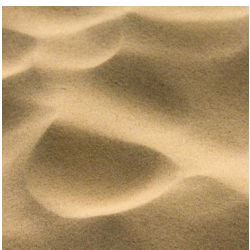
Lunch Provided

Gold Coin Donation

Enquiries and bookings call

Georgina 8186 8900

emotional overload ~ relaxation ~ mindfulness



**ANGLICARESA**

This program is funded by the Department of Social Services