

## Important Dates

### February

**Mon 13th - Fri 17th**

Yr 1-6 Water Safety Education Wk

**Fri 17th**

ECG Meeting in Staffroom @  
8.35am

Yr 8 Boys & Girls Vaccination 1  
'Let there be Coffee' Coffee Van @  
2.30pm-3.30pm in JS Area

**Tue 21st**

Yr 12 Parent Information Evening  
@ 7.00pm in EPAC

**Wed 22nd**

Reception Students Day Off

**Fri 24th - Tue 28th**

Senior College Captains @  
Compass Conference

**Tue 28th**

SACSA Basketball Open Boys @  
Morphett Vale

### March

**Wed 1st**

JS Swimming Carnival @ Marion  
Pool

SACSA Basketball Yr 8/9 Girls @  
Morphett Vale

The Rite Journey Departure in  
EPAC @ 6.15pm

**Thu 2nd**

SACSA Basketball Open Girls @  
Morphett Vale

The Rite Journey Calling

## 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 Head of Junior School

### Dear Friends and Families

*Jesus ..... said, "With man this is impossible, but with God all things are possible."* **Matthew 19:26**

When God reveals to us who He is and His goodness toward us, personally, we should begin to get the idea that we are not what we think we are. All of us want to be good at particular things and as long as we continue to think we are, we will not grow. We become satisfied at some point as to who we think we are. We are taken with our intelligence, our mind and our talents. We go no further.

This is what Carol Dwek says in her book 'MINDSET'. She defines the two great mindsets of people - the fixed mindset and the growth mindset. The fixed mindset is concerned with one's own intelligence and talent and a growth mindset is a belief that growth is possible and desirable.

When we encourage our children in their accomplishments, we should mention how hard they must have worked to achieve something, not how smart or talented they are. We give praise for their effort, struggle, persistence despite setbacks, strategies, choosing difficult tasks, learning and improving.

A child whose effort is encouraged learns to:-

- Embrace challenges
- Persevere in the face of struggle
- Develop healthy beliefs about their abilities
- Be inspired by others success
- Learn from failure

This week Junior School students in Years 1 - 6 have been involved in a Water Safety Program learning and practising survival skills. Our students were being challenged and often pushed out of their comfort zone. This was an excellent opportunity to encourage and praise both their effort and what they achieved during the learning process. I was delighted to observe our students working hard and effectively while rising to the challenge of learning new skills and being successful.



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

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## ***Middle School News***

Thank you to the wonderful support and feedback that Parents and Caregivers have been sharing with the teaching staff for the excellent start to the year. The Middle School team have worked hard to ensure young people in the College feel safe, valued and connected.

Please feel free to contact your child's home group teacher if you have any concerns or questions so that they can support you during this transitional time. Please also keep in mind that specific staff from our Pastoral Care team are also available to assist and support.

Please contact:

- Helen Rance (Girls Pastoral Care coordinator) 8292 3867 or [hrance@emmauscc.sa.edu.au](mailto:hrance@emmauscc.sa.edu.au)
- Paul Mills (Boys Pastoral Care coordinator) 8292 3891 or [pmills@emmauscc.sa.edu.au](mailto:pmills@emmauscc.sa.edu.au)
- Sue Chapman (Student Wellbeing Coordinator) 8292 3828 or [schapman@emmauscc.sa.edu.au](mailto:schapman@emmauscc.sa.edu.au)
- Ben Squire (Student Wellbeing Coordinator) 8292 3871 or [bsquire@emmauscc.sa.edu.au](mailto:bsquire@emmauscc.sa.edu.au)

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

#### **The Rite Journey**

We would like to officially welcome you to this year and The Rite Journey. We are very excited to be beginning this wonderful program with your son/daughter. We wish to inform you that we will be conducting an Opening Ceremony for the students which will formally begin the program for 2017.

The Opening Ceremony is split into two events.

- The first event is called 'The Departure' on Wednesday 1<sup>st</sup> March from 6.15pm - 8.30pm. All Year 9 students will then sleep over at the College.
- The second event is called 'The Calling' on Thursday 2<sup>nd</sup> March from 7.00pm - 7.30am, at a site off campus yet to be disclosed. Students will be transported via school buses in the morning.

We will be sending out more detailed information in the next week, but in the meantime we ask that you save these dates to your diaries. Please contact Ben Squire at [bsquire@emmauscc.sa.edu.au](mailto:bsquire@emmauscc.sa.edu.au) if you have any questions.

### **The Rite Journey Team Ben Squire, Paul Mills, Melissa Keen, Heather Edwards and Andrew Edmondson**

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## ***From the Registrar***

#### **2019 Interviews**

As valued families of the College community, we would like to remind you to please ensure that you have submitted your child's Sibling Enrolment Application for 2019. Sibling Application Forms can be downloaded from our website or please contact me on 8292 3834 from 8.30am to 1.30pm Monday to Friday should you require a hard copy or have any queries.

### **Barb Greenslade College Registrar**

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## ***Important Information from Student Services***

#### **If a student is absent or late**

Parents please note that if your child is absent or going to be late on any given day you must notify the school each day your child is away. Please call the absentee line on 8292 3838 and leave a message. It is a 24/7 automated voice mail message service.

#### **College Bus Information - Single Trips**

As all our College Bus services are full, it is important to note that we unfortunately are unable to accommodate students taking friends home on the bus. NO single trip bus tickets will be available to purchase for this purpose.

### **Debby Scheepers Student Services**

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## ***College News***

#### **Attention Parents of Year 11 and 12s....**

The 2017 Vietnam/Cambodia tour, focusing on history and social justice will again be departing in late November, and will travel until approximately 10<sup>th</sup> December.

A parent information night will be held on Tuesday 7<sup>th</sup> March at 7.00pm.

Please register your interest completing the google form at <https://goo.gl/forms/2QojqMxNHfZJ9uq1>

We will send you a reminder. The formal application process will run after this.

### **Amy Chessier Senior School Teacher**

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## From the Library

### Have you read any good books lately?

This is a question that we want you to ask your children, and to allow your children to ask you.

Reading for pleasure is a wonderful opportunity to escape and explore creative worlds, to investigate inspiring topics and to discover things previously unknown. Creativity can be fostered and vocabulary extended through the simple action of reading a book and getting lost in the drama or the entertainment. As Library staff we want to help our students to grow in their reading choices and to foster this love of reading, so that it can be a life-long pursuit and something that can turn "I'm bored" into "Do I have to turn out the light, I've only got a few pages to go?" We want students to have the opportunity to explore a variety of genres and preferences and occasionally to take a risk and read outside their usual first choice of author or style of book.



Our Junior School students will be read to by their Teachers and the Teacher Librarians, and we hope that parents will take every opportunity to read often with their children. Please demonstrate that you are a reader too.

Here at school our Junior School students have regular Library borrowing lessons which allows them to choose books that they can bring home to read. Reception to Year 2 are required to have a Library bag to protect the books in transit. (Library books and food and drink should be kept well apart from one another.) Years 3 - 6 will need to demonstrate responsibility and keep their books in a separate pocket in their backpacks. Books damaged by poor care or lost will need to be paid for so that we can replace the item. Books have a two week borrowing period at JS level, but younger students may want to exchange their books each week.

Middle School and Senior School students may borrow at lunchtime or during times suggested by their English teachers. Students are welcome to ask the Library staff for recommendations of reading material.

A collection of books with Parent's needs in mind is in the foyer of the Library. All parents are welcome to become borrowers and borrow from the Parent Library or the wider Library collection. Just speak to a Library staff member to borrow any resources or just come in and browse.

All students will be taught how to access the Emmaus OPAC (Online Public Access catalogue) so that our library collection can be checked from home on any internet connected device.

To access the search function please go to <http://accessit.emmauscc.sa.edu.au/#!dashboard>

Feel free to search our collection and note we are constantly updating our shelves with new and interesting reading material and Information texts.

Our task is also to supply good opportunities for wider research beyond our own Library. We would encourage every family to investigate their local **Public Library** so that you can explore the many titles that can be found there, and also discover the wonders of ebooks and magazine loans direct to a digital device. Senior Students are encouraged to explore the **database access** that is available through the **State Library** also. Reading continues to be a valuable way to explore the world of information or to escape with the company of a good book – today it may look different, but the skills still need to be developed.

### Premier's Reading Challenge



As part of our encouragement of reading, all Junior School students will participate in reading for the Premier's Reading Challenge, supported by the Library staff. Year 3 - 6 students will need to confirm that they have finished a book by preparing tasks set as part of their Library lesson.

All Rec - Year 2 children will be supported in completing the reading requirements of 12 books read.

This will also give us opportunity to explore a wide variety of books.

Students from Year 7 – 12 may also participate in the PRC. Links to the Reading Record sheets are available on the PRC website <http://www.premiersreadingchallenge.sa.edu.au/prc/pages/books/challenge/?reFlag=1> or on the Library Google Classroom.

Awards for completion of the PRC will be given in Term 4.

**Mrs Carolyn Hull, Mrs Alicia Buxton & Mrs Janet Maschmedt**

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## Careers Corner

This year we have students studying VET courses in Automotive, Business Administration, Screen Media, IT, Child Care, Aged and Disability Care, Electrical and General Construction.

Some VET students have already started their courses and others will start in the next 2 weeks. Good luck to the students and enjoy your journey!

Please email me at [ctorjul@emmauscc.sa.edu.au](mailto:ctorjul@emmauscc.sa.edu.au) if you have any queries regarding Vocational Education Training (VET).

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

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# Student Wellbeing Coordinator

## Emmaus Connect Group - Pastoral Connect

For the last two weeks at Parent Information Evenings, Annette Craven and myself, have been explaining to parents the idea behind ECG - Pastoral Connect. The Emmaus Connect Group has replaced our existing Parents and Friends group and has various roles within our College including: running lots of school community events and catering throughout the College for example for the Twilight Sports, Father's Day breakfasts, etc.

At times families within our community may require extra support due to illness, hardship or emergencies. ECG – Pastoral Connect has been created to support families in our community on a short term basis. It is not designed to replace other forms of support eg. Church or relatives helping out, but rather it is a way of showing that our College community is also there to lend a helping hand.

I am grateful to the families who have already signed up to be a part of ECG Pastoral Connect. There is no pressure for families to be involved but if you would like to be, please collect a form from Debby Scheepers at the front office or email me and I will happily send you home a form to be filled in and returned to either Debby or myself.

Thanks must go to our Maths teacher David Chu who has designed a web page for us to 'put in motion' the ideas behind this group and parents Helen Grear and Penny Young who have been instrumental in getting this concept off the ground.

Thank you for your support.

**Sue Chapman**

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## Music

### Junior Concert Band

Due to the success of the Year 5/6 Band Program last year, Mr Andrew Verco has decided to get a Junior Concert Band happening for those students who play an instrument in Year 6 & 7.

Rehearsals begin on Friday 24<sup>th</sup> February (Week 4) during Middle school lunchtime (12.50pm - 1.30pm). Get those instruments out and practise hard to show Mr Verco how much you have improved over the holidays! It is going to be GREAT!

**Nikki Meinel**

**Junior School Music Teacher**

### Music Calendar

Please encourage your child to perform at one of these musical events and come along to hear the amazing talents of our students.

|        |        |                                    |  |
|--------|--------|------------------------------------|--|
| Term 1 | Week 9 | Friday 31 <sup>st</sup> March      | Autumn Cabaret Evening @ 7.00pm in EPAC      |
| Term 2 | Week 6 | Thursday 8 <sup>th</sup> June      | Winter Instrumental Evening @ 7.00pm in EPAC |
| Term 3 | Week 7 | Thursday 7 <sup>th</sup> September | Spring Instrumental Evening @ 7.00pm in EPAC |

**Andrew Verco**

**Music Coordinator**

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## Canteen Roster

### Week 3 T1

Thu 16<sup>th</sup> No help needed  
Fri 17<sup>th</sup> Tam Battersby

### Week 5 T1

Mon 27<sup>th</sup> No help needed  
Tue 28<sup>th</sup> No help needed  
Wed 1<sup>st</sup> March No help needed  
Thu 2<sup>nd</sup> No help needed  
Fri 3<sup>rd</sup> Mandy Nield

### 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 Grear

### Week 6 T1

Mon 6<sup>th</sup> No help needed  
Tue 7<sup>th</sup> No help needed  
Wed 8<sup>th</sup> Blake Watson  
Thu 9<sup>th</sup> Valda Burleigh  
Fri 10<sup>th</sup> **HELP NEEDED**

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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## 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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## Community News

### Relationship Workshop - 'Healthy Hearts, Healthy Homes'

A new evening workshop which focuses on practical ways to improve relationships, 'Healthy Hearts, Healthy Homes' has been developed by the AnglicareSA, Families in Focus Team and is being held on Monday 20<sup>th</sup> March from 6.30pm to 9.00pm at AnglicareSA, 111 Beach Road, Christies Beach. The workshop will be informal and will include communication, conflict resolution, relationship repair and emotional safety. It is suitable for couples and individuals and is run by Family Relationships Counsellors from AnglicareSA. Supper will be provided, however baby sitting is not provided. Cost is a gold coin donation. Bookings are essential by phoning Joy or Helen on 8186 8900.

### West Torrens District Cricket Club

A founding member of the SACA Grade Club Competition, the West Torrens Cricket Club will be conducting trials for the following squads:

**Ray Sutton Shield** - is a one-day SACA competition for Primary school students played on Sunday afternoons in October and November each season. Eligibility for the trials - Years 5, 6 and 7 students.

**Young Eagles Development squad** - is a development squad of pre-RSS players who train under qualified coaches for 10 sessions during the season. They play for their Community Clubs in competition. Eligibility for the trials - boys up to Year 6 and girls up to Year 8.

The trials are being held at Henley & Grange Memorial Oval from 4.00pm - 5.30pm on Tuesdays 28<sup>th</sup> February and 7<sup>th</sup> March.

To register, email your name, address, DOB, school and club (if any) to [president@westerneagles.com](mailto:president@westerneagles.com) by Wednesday 22<sup>nd</sup> February 2017.

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A stylized, hand-drawn illustration of a jazz band. In the top left, a yellow trumpet is being played. In the top right, a pink saxophone is being played. In the bottom left, a blue double bass is being played. In the bottom right, a green double bass is being played. The background is a light blue with white cloud-like shapes. The text is in a vibrant pink color.

Emmaus Christian College  
Presents

# Autumn Cabaret Evening

Friday 31<sup>st</sup> March 2017  
at 7pm in EPAC

- Tickets - \$10 per person
- \$30 family (2 adults, 2 children)
- \$8 Concession (pension/health care card)

Tickets available via 'Try Booking' from Mon 20<sup>th</sup> Feb

The evening includes  
cheese platters served on arrival and  
lucky chair prizes.

Cans and non-alcoholic wine for sale.

## Silent Auction

All proceeds raised will contribute towards  
'Generations in Jazz' trip to Mt Gambier.



# Coffee Afternoon

2.30pm — 3.30pm  
on Friday 17<sup>th</sup> February  
In the  
Junior Primary Area





# Do you have questions about how you can help your child to manage their allergies as they move into teen years?

**To set the scene....** We hope to have a teen share their experience of growing up with allergies. They will share what helped in transition from child to teen years.(TBC)

**To present and then answer your questions...**

**Ms Maria Scicchitano, Consultant Family Therapist and Social Worker** will talk about how to help your teen to be independent and manage their allergy

**Maria Said, CEO, Allergy & Anaphylaxis Australia** will talk about the challenges of letting go

An **expert panel** comprising Maria Scicchitano, Dr Michael Gold, Dr Merryn Netting, Amanda Scott RN, Dr William Smith and Maria Said.

**When: Monday 20<sup>th</sup> February 2017**

**Time: 6.30pm-9.00pm**

**Where: SAHMRI** (South Australian Health and Medical Research Institute)  
North Terrace, Adelaide

**COST: Free**

**Register: [coordinator@allergyfacts.org.au](mailto:coordinator@allergyfacts.org.au)**

**PARKING:** Wilson car park on corner of Hindley and Clarendon St or park at Convention Centre and catch free tram to SAHMRI.



SAHMRI

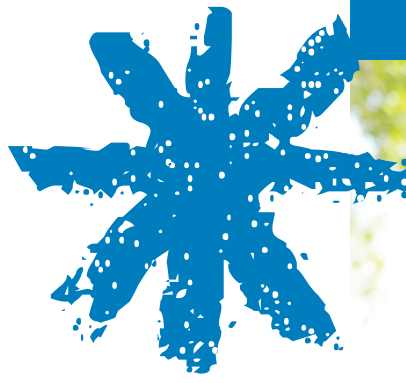


Healthy Mothers,

Proudly supported by SAHMRI Healthy Mothers, Babies and Children



# parenting\*ideas insights



## Four parenting priorities for 2017

By Michael Grose

Like the earth's crust the parenting landscape is constantly shifting always bringing new challenges for parents. Not only are children and young people constantly growing and developing but societal trends evolve and change at such rapid rates that it's hard to keep up. It's also hard to differentiate between the significant and the frivolous when it comes to trends and changes.

The following four priorities are both current and significant, deserving to be top of mind for parents as the 2017 school year begins.

### 1. Time to tackle technology

Want to travel along Parenting Easy Street? That's easy. Make tackling this parenting game-changer your priority. It's no point being all doom and gloom about technology because tablets, mobile phones and smartphones are here to stay. They connect us, educate us and entertain us like nothing has before.

But the jury is still out on the impact of digital devices on children and young people. Currently there are studies being conducted on the effects of technology on children's brains, as well as studies on gaming addiction, social media addiction, attention-related issues, obesity, decision-

making, hand-eye coordination and sleep to name a few.

The technology genie maybe out of the bottle, but we need to bring some sanity into the area. Children and teenagers, (and yes technology, primary school and secondary school kids can be mentioned in the same sentence as first-time smartphone users become younger by the day) who use communication technology need constant parent vigilance and diligence, a flexible approach and the ability to say a loud and clear "NO you can't have/use that now."

It takes a lot of parental backbone to swim against the current all-encompassing technology tide. You can't hold it back, but you can slow it down. You can suggest it sits on the metaphorical shelf for a while or at least while you eat dinner together. You can insist that social media isn't the only way to stay in touch with friends and show them that Dr. Google may be clever but he/she only knows so much and that accurate and current information can be found offline. When it comes to kids and technology, don't be an onlooker. Make this a year for getting in the game with kids, tech boots on and all.



# parenting \* ideas

## Four parenting priorities for 2017

### 2. Promote physical and mental health

Finally, good mental health habits are top of mind in Australian schools. A focus on student wellbeing is now a well-established pathway to academic success for children and young people.

But kids' levels of physical activity need a boost. Recent research tells us that children's physical activity peaks at around four years of age in Australia and gradually decreases every year from there. It makes a mockery of the image of Australian childhood spent in the great outdoors.

Remember the old 'healthy body, healthy mind' maxim that past generations so fondly spruiked? Well, it's true. Physical and mental health are inextricably linked.

So this year while we encourage our kids to practise mindfulness; get a good night's sleep and ensure they relax and unwind, let's also make sure kids get plenty of physical activity, preferably outdoors.

### 3. Put the spoon back in the drawer

I've hidden the controversial part in the middle of the article. Ready for it? I think that parents currently do too much for kids. We spoonfeed them. We make life too easy and don't demand enough from them. Not all parents, but enough that we should be worried that our kids may grow up to become risk-averse, fearful adults who have difficulty making decisions lest they make a mistake. That is, if

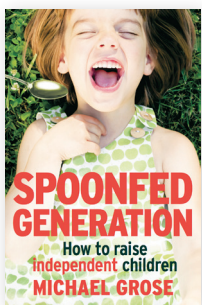
they ever do grow up? As reported in Fairfax Media recently, "In 1970's only one in five under-30's in Australia lived with their parents but now it's one in two." This high dependency of children and teenagers on adults is the exact opposite of what adults have done in the past, which is develop their children's independence and achieve the most important parenting outcome of all – their own redundancy.

In 2017 remove the spoon, put it back in the drawer and make independence building a high priority in your family.

### 4. Put integrity top of the pedestal of character traits

Every parent wants their child to have the strength and fortitude to do the right thing and not follow the crowd. This is easier for young children because the pull of the group and the allure of the media doesn't have such a strong hold as it so often does in adolescence. Strong-willed children and those who like to have their own way can also find doing the right thing less of a struggle. But the development of integrity and related traits such as respect, honesty and fairness is an important part of a child's moral compass that will help him/her make smart decisions when you're not around. Generally, integrity is developed in childhood and put to the test in adolescence.

In 2017 put some focus on developing a sense of integrity in your kids – the rock star of character traits.



**Special note:** I'm thrilled to announce that my latest book *Spoonfed Generation: How to raise independent children* is out. It's available at [parentingideas.com.au](http://parentingideas.com.au)

**Visit our website for more ideas and information to help you raise confident and resilient young people.**

