

Next College Newsletter: Wed 31st May 2017
 Please email your articles to: newsletter@emmauscc.sa.edu.au

Important Dates

May

Sun 14th - Fri 19th

NCSS Games in Sydney

Fri 19th

'Let there be Coffee' Coffee Van in JS area 2.30pm - 3.30pm

Sat 20th - Sun 28th May

Year 11 Lands Trip

Mon 22nd - Thu 25th

Year 11 Camp

Mon 22nd - Fri 26th

Year 10 Work Experience

Tue 23rd

ICAS Digital Technologies

Fri 26th

Year 11 Student Free Day

SACSA Yrs 3-12 Cross Country

'Let there be Coffee' Coffee Van in JS area 2.30pm - 3.30pm

Tue 30th

ICAS Science

June

Fri 2nd

'Let there be Coffee' Coffee Van in JS area 2.30pm - 3.30pm

2017 Term Dates

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)

2018 Term Dates

Term 1

Mon 29 Jan - Fri 13 Apr

Term 2

Tue 1 May - Fri 6 Jul

Term 3

Tue 24 Jul - Fri 28 Sep

Term 4

Mon 15 Oct - Wed 5 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

The heart of Jesus' teachings beats with the importance of relationship and community and it is echoed in the Psalms and the New Testament.

"I command you to love each other in the same way that I love you." **John 15:12**

"Love each other with genuine affection and take delight in honouring each other." **Romans 12:10**

Friday was an early start for many of our families. Over 300 mothers and children gathered in the autumn sunshine before moving into the elegantly decorated EPAC, to celebrate the inaugural Mothers' Day High Tea/Breakfast. It was a privilege to bless our mothers with beautiful food and precious time to spend with other mothers. Mothers and children enjoyed good coffee, a range of cakes, muffins, quiches, and scones. Each mother received gifts of a beautiful bookmark, a fresh flower and a bag of sweets with special messages from their children. Everyone was wonderfully serenaded by the Chamber Ensemble throughout the morning. Fathers were also involved with the pancake cooking, supervision and entertainment of children.

The morning made a significant statement about honouring mothers, about having a servant heart, about creativity and sent a fantastic message to the children who were there. All mothers who attended would have felt truly blessed, pampered and special which was the vision of two of our mothers, Robyne Nagel and Aleks Darwin, who felt inspired to do something special for all our mothers in the Junior School and worked extremely hard to make their vision a reality.

Thank you to all our Junior School families who were part of the celebrations. It was a lovely morning, enjoyed by all in attendance and a great way of building community.

"Because her love never fails her children rise up and call her blessed;" **Proverbs 31:28**



Annette Craven
Head of Junior School



College News

Musical

Are you a good seamstress? Can you help?

Please email [Carolyn Adams](#) if you are interested and able to help with costumes for the upcoming school musical.

Have you misplaced a glass dish?

An ornate, oblong glass dish has not been collected after the Emmaus Autumn Cabaret Evening last Term. If this belongs to you, please contact the Front Office .

Music

Performing Arts Calendar 2017

Term 2	Week 6	Monday 5 th & Tuesday 6 th June	Year 12 Play
	Week 6	Thursday 8 th June	Winter Instrumental Evening @ 7.00pm in EPAC
	Week 9	Wednesday 28 th June	JS Music Showcase @ 7.00pm in EPAC
	Week 10	Tuesday 4 th July	MS/SS Music Showcase @ 7.00pm in EPAC
Term 3	Week 1	Wednesday 26 th - Friday 28 th July	MS/SS Musical
	Week 3	Tuesday 8 th August	Tuesday on Flinders Concert
	Week 7	Thursday 7 th September	Spring Instrumental Evening @ 7.00pm in EPAC
Term 4	Week 6	Tuesday 28 th November	Year 5/6 Battle of the Bands Concert

Reminder regarding 'Absence from Instrumental Tuition Lessons'

As stated in the Instrumental Tuition Agreement:

1. **If a student is ill** it is the responsibility of the student or parent to contact the Tutor directly before 8.30am on the day of the lesson either on their home number or mobile.
2. **If a student is to be absent from their lesson for any other reason** (including excursions, camps, exams etc) Music Tutors should be given as much notice as possible by either the student or the parent. The Tutor is under no obligation to make up the lesson, although an attempt will be made if sufficient notice has been given to make that lesson up. If a student forgets to bring their instrument, forgets to come to lesson or no prior notification is given for a student's absence, the lesson will not be made up.

Thank you for your assistance.

Andrew Verco

Music Coordinator (Rec - Year 12)

First Aid

Thunderstorm Asthma

The thunderstorm asthma epidemic in Melbourne, November 2016, was caused by a high level of grass pollen particles that shattered and were spread by the extreme weather conditions. These smaller allergen particles were then able to be inhaled into the airways and in those who were susceptible, caused irritation leading to swelling, narrowing and extra mucus production in the small airways in the lung and difficulty breathing.

From a survey Asthma Australia received over 3,000 responses from people reporting that they were affected by the thunderstorm asthma event. Through the survey they learnt that more people are susceptible to experiencing an asthma 'attack' than was previously thought, many did not have an asthma diagnosis and as a result were not aware they were even at risk of asthma.

During the thunderstorm asthma event many people had asthma symptoms that were unexpected and quickly became serious. Because a significant proportion of people did not have asthma diagnosis, they did not know what was happening or what to do.

This shows that an increased awareness of asthma is needed in order to save lives. We need to make sure the whole community, not just those who have or care for someone with asthma, can identify asthma symptoms and act in an asthma emergency. It is vital to be prepared, even if you have not previously had an asthma attack.

[Learn about the four important steps for asthma first aid here](#)

Ros Argent and Maria Mcver

First Aid Officers

Student Wellbeing Coordinator

Parenting

As a mother myself, I understand just how stressful it can be to parent children day in, day out. I speak to parents on a daily basis and hear about sleeping issues, social media worries, anxiety and academic concerns.

As we have just celebrated Mothers' Day, I thought it was timely to remind parents that this is the most important job in the world, but that you are not alone and that you are really doing a terrific job!

God's intention was to place us in families and communities - we are designed to share life together which includes parenting. I am privileged to chat with families from Emmaus, either face to face, by phone or by email. My overall impression is that parents are doing a pretty amazing job, they are doing the best they can, but that often they can feel a bit isolated.

Parenting is hard, but there is a lot of information, support groups and resources available to parents. Please use whoever or whatever God has placed around you.

My children are 25, 24 and 20 yet I still have concerns for them, I still worry about how they are going and I still sometimes seek advice from other parents or professionals when I need to. That is why they are there. And I assume that one day if I am blessed to be a grandparent - then this learning process will all begin again!

It is my hope that all parents will seek and accept help from teachers, other parents and professionals so that they do not feel so isolated and instead be reassured that most families are going through similar things.

For an article on Mothers and Parenting please see the attached fact sheet.

Sue Chapman

Careers Corner

Emmaus is proud to announce that an exciting opportunity has been created for Year 10 students who are interested in a trades career.

In conjunction with PEER, Emmaus have designed an **Electrical Construction Taster Course**.

This course will be highly interactive and hands on, and will provide students with an introduction into construction, in particular electrical.

The Electrical Construction Taster Course is a non-accredited course that has been designed to encourage students to have a 'taste' of the construction industry. Students who complete this course will gain an **Electrical Rescue and Resuscitation Certification**.

With the current youth unemployment rate at 15.3% (Source: Skills for All – March 2017) providing students with an investigative option into an industry pathway will assist with their engagement in learning and decision making when choosing a career.

The course will run during Term 3 and will be delivered in our Trade Training Centre at Emmaus Christian College.

The cost of the course is \$480.00 (including materials) and will be delivered by a fully qualified and experienced electrician and trainer from PEER.

This is a fantastic opportunity for students who love Design and Technology or working with their hands and are considering a career within the construction industry.

What should I do next?

1. Talk to your child about the course
2. Email [Cathy Torjul](#) for an enrolment form

You can download a flyer with more information [here](#).

Any queries or for more information please contact me [Cathy Torjul](#) or 0412 013 162.

Cathy Torjul
VET Coordinator

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

Sporting News

On Sunday 14th May, eleven Year 8 -11 Emmaus students travelled to Sydney to compete in the National Christian School Games. These students were selected for one of the Basketball, Volleyball, Netball, Tennis and Soccer teams that are competing against other states. Finals will be played on Thursday 18th and we hope our students and their teams make it to this level. We wish each of them all the best with their individual performances and their teams success.

Many of our after school and weekend sport teams have or are starting very soon, which is very exciting for players and parents. For those families who have students involved in these teams please check your emails for the most up to date information relevant to your child's sports team including team fixtures, locations and team contact details. We wish each and every player, coach and team all the best for the respective season and hope that it is a fun and memorable experience.

On Friday 5th May our College took part in the SACSA Primary Athletics meet at Santos Stadium competing in Division 2. The weather conditions were perfect and the students were excited to compete at such a large event. There were many excellent individual results across the day, but the most pleasing was watching our relay teams win the majority of their races highlighting our high level technique and team work skills. A big thank you to all parents and staff who assisted on the day, and in 2018 we hope to report on more good results competing in Division 1.

Daryl Porter
PE, Health and Sports Coordinator (Rec - Year 12)

Canteen Roster

Week 3 T2

Thu 18 th	No help needed
Fri 19 th	Mandy Nield

Week 4 T2

Mon 22 nd	No help needed
Tue 23 rd	No help needed
Wed 24 th	Karen Baker
Thu 25 th	No help needed
Fri 26 th	Nancy Pantelis

Week 5 T2

Mon 29 th	No help needed
Tue 30 th	No help needed
Wed 31 st	Kathy Rohrlach
Thu 1 st June	Rebecca Hutchinson
Fri 2 nd	Karen Ames

Week 6 T2

Mon 5 th	No help needed
Tue 6 th	No help needed
Wed 7 th	Blake Watson
Thu 8 th	Maria Gutteridge
Fri 9 th	Aleks Darwin

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 Sharon Hughes

Community News

City of Marion Workshops and Activities

Cafe 25 - Youth Drop In

Held on Saturday afternoon's from 1.00pm to 3.00pm at Glandore Community Centre. Free wi-fi, orange juice and coffee. Food available at a small cost. Each week there will be a skilled visitor who you can chat to, watch or listen; 6th May - Guitar learning with Gary; 13th May - Bike repairs with Lighthouse (bring your own bike); 20th May - Chef Lee cooking protein balls; 27th May - Henna learning with Shweta; 3rd June - Make your own dream catcher. For further information www.marion.sa.gov.au/glandore

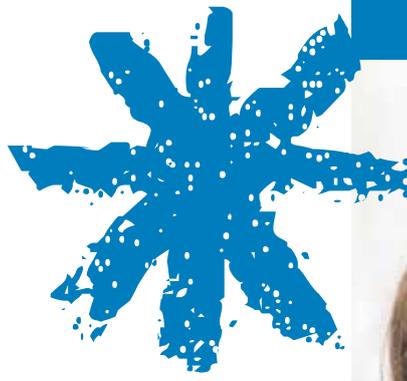
Marion LIFE Youth

Held on Friday's until 30th June, from 3.00pm - 5.00pm. Free food - funded by the City of Marion Youth Grants Program. A safe and fun place for 12 - 17 year olds to hang out, participate in activities and learn new life skills. For further information www.marionlife.org.au

Chess School SA

Chess School SA is holding 'Chess Club for Kids' at Box Factory Community Centre, 59 Regent Street South, Adelaide on Saturday evenings 4.00pm - 6.00pm (Term time only). Cost \$25.00 (\$60 for a block of 3 sessions). The chess program provides an 'extra mile' for those chess players who wish to win more games. For further information Chess School SA

parenting *ideas
insights



Celebrate the marvel of motherhood, not parenthood!

By Michael Grose

As Mother's Day approaches it's worth remembering that it's mothers and fathers, real women and men, who raise kids. Parenting is a managerial, twentieth century construct.

It's an interesting time for me to write about motherhood. In the last eighteen months both my daughters have become first time mums.

Watching them has refreshed my perspective on motherhood. It's not the techniques and strategies they use that are important rather their desire to connect to their children and fully embrace being a mum that is paramount. All their subsequent parenting springs from the willingness to fully give themselves over to motherhood.

My close encounters with my daughters as mothers has reminded me how emotion-charged being a mum can be. Besotted-ness, fatigue, joy, fulfilment and doubt are just some of the feelings I have witnessed in my daughters. No doubt any mothers reading this can easily add a few more.

Over the last few months I've conducted a series of parenting seminars on the topic of raising independent children. The main message of raising children to be self-sufficient, rather than to overprotect

and spoil them, has been in some ways at odds with what is seen as good mothering. That's because the notion of protectiveness aligns more with mothering than fathering.

However you can be a protective mum and raise really self-sufficient independent kids - you just need to know when kids need protecting and when they need to work things out for themselves. Mothers attuned to their kids and who are confident in their own abilities and instincts generally get the balance right. In a way, they know when to be a mum and when to be a parent.

Mothering is emotional and instinctive

Being a mother is not always rational, as parenting is often made out to be. The emotion attached to motherhood drives you to fight hard to protect your children, work assiduously to right any wrongs on their behalf, and exhaust yourself looking after their physical and psychological well-being.

As I've been reminded watching my daughters raise their own children - mothering is relational rather than rational. You may grow out of parenting by making yourself redundant, but mothering is something you never grow out of. You are a mum for life.

Kids want their mothers, not their parents

Kids of all ages say, "That's my mum!" They don't say, "That's my parent!" (They may say that when they are annoyed or embarrassed by you, but that's another story.)

Boys and girls of all ages generally love their mothers unconditionally, whereas they merely put up with their parents, particularly during adolescence. They can live without their parents, or so they think, but deep down they know they can't live without the one person who has a blind spot for them, overlooking all their faults. That person, of course, is their mother.

When kids of all ages get into emotional difficulty or their life becomes too hard, they generally go looking for their mums. They only look for their 'parent' when they want some money, or want someone to get them out of a jam!

As Mother's Day approaches it's worth remembering that it's mothers and fathers, real women and men, who raise kids. Parenting is a managerial, twentieth century construct. That's why we have Mother's Day (and Father's Day) rather than Parent's Day.

I hope you have a good one!



Free parenting seminar

Understanding the 'boy code'



Are you the parent of a teen or pre-teen?
Come and join us or watch our live webcast.

Find out about:

- the 'boy code'
- what it means for boys and girls
- the influence of social media and celebrity culture
- helping young people see beyond the stereotypes and be themselves.

Presented by Dr Justin Coulson, nationally recognised parenting speaker, author and columnist.

Register to attend in person or view the live webcast at:

Online: <http://parentingsa.eventbrite.com.au>

Phone: 8303 1660

Email: health.parentingsa@sa.gov.au

This seminar is designed for an adult audience.

Tuesday 30 May

When: 7.00 - 9.00pm

Where: Riverbank Room
Adelaide Convention Centre
North Terrace, Adelaide

Hosted by Parenting SA.
For more information about raising children and teenagers visit www.parenting.sa.gov.au or www.cyh.com

Helping parents be their best



**Government of
South Australia**