



IMPORTANT DATES

SOUTH PLYMPTON

MARCH

Tue 31 Yrs 5 - 11 CAT Competition

APRIL

Fri 3 Whole School Casual Day

Thu 9 **End of Term 1
(Normal Finish Time)**

Mon 27 Student Free Day

Tue 28 **Start of Term 2**

BROOKLYN PARK

MARCH

APRIL

Fri 3 Whole School Casual Day

Thu 9 **F - Yr 2 End of Term 1
(Normal Finish Time)**

Mon 27 F - Yr 2 Student Free Day

Tue 28 **F - Yr Start of Term 2**

Whole School Casual Day - Friday 3 April 2020

Gold Coin Donation
With funds supporting Justees

From the Deputy Principal

Dear Families and Friends

As we approach Easter this year I would like to consider the question 'Why did God tear the veil in two'. Mark in his gospel records the event in the following way:

³⁷ And Jesus uttered a loud cry and breathed his last. ³⁸ And the curtain of the temple was torn in two, from top to bottom. ³⁹ And when the centurion, who stood facing him, saw that in this way he breathed his last, he said, "Truly this man was the Son of God!" (Mark 15: 37-39)

The significance of this event for me is that through the broken body of Christ, I now have the freedom to enter into the very presence of God. This is good news. Jesus's sacrifice was both complete and eternal, allowing all who believe the opportunity to enter into a true and meaningful relationship with Him.

¹⁹ Therefore, brothers, since we have confidence to enter the holy places by the blood of Jesus, ²⁰ by the new and living way that he opened for us through the curtain, that is, through his flesh, ²¹ and since we have a great priest over the house of God, ²² let us draw near with a true heart in full assurance of faith, with our hearts sprinkled clean from an evil conscience and our bodies washed with pure water. ²³ Let us hold fast the confession of our hope without wavering, for he who promised is faithful. ²⁴ And let us consider how to stir up one another to love and good works, ²⁵ not neglecting to meet together, as is the habit of some, but encouraging one another, and all the more as you see the Day drawing near. (Hebrews 10: 19-25)

This passage from the apostle Paul is a great encouragement of what is now possible as we surrender our lives to Jesus. I am particularly challenged by verse 24, to be a vessel of love and good works as we encourage each other to do the same. My own father often reminds me that the Good News of the Gospel is not only that Christ died on the cross for our sins, but that we are now able to live as Jesus did, through the spirit, in love. That is to say, that to love is clearly the best way to live.

⁴ Love is patient and kind; love does not envy or boast; it is not arrogant ⁵ or rude. It does not insist on its own way; it is not irritable or resentful; ⁶ it does not rejoice at wrongdoing, but rejoices with the truth. ⁷ Love bears all things, believes all things, hopes all things, endures all things.

⁸ Love never ends. (1 Corinthians 13:4-8a)

This Easter may we also remember the veil being torn in two and how this symbolises for all of us that we now have full access to the presence of God, through the blood of our Lord Jesus Christ. May being in the presence of God, be our inspiration to love both God and each other more completely, as there is no better way to live.

During this current worldwide health crisis, may we continue to put our trust in Jesus and draw near to our Heavenly Father. I pray for God's protection and love for all and that God's presence would equip us to be more like Christ to a world that needs to experience his love and care.

Weekly Coffee Connect

South Plympton

Postponed until further notice

Brooklyn Park

Postponed until further notice

Weekly Prayer Connect

Postponed until further notice

Mark Potter
Deputy Principal

Lost Property

All lost property will be placed on a clothes rack and in boxes outside the Front Office in Weeks 10 and 11. Please also check at Student Services for valuable items such as watches, spectacles, jewellery and more. Any articles not claimed by the end of term will either be given to the Uniform Shop, First Aid or donated to Charity.

Senior School

Student Uniform

Student uniform is part of our identity as a College and as such our Senior students set the tone for the younger students in appearance and pride for the community they belong to. One of the more recent developments in uniform that has been noticed is the variation on shoes that are being worn by our Senior students. The uniform policy is quite clear – students are to wear black, leather, lace up school shoes. As such, black leather converse casual shoes are not a school shoe and, along with any canvas variations, will need to be changed to appropriate school shoes.

I realise that this may mean families may have to purchase new shoes, so we request that you keep in mind the correct footwear required under the uniform policy. Uniform issues are followed up by Home Group teachers, House Coordinators and myself to help the school uniform and presentation of our students in the community.

Your help with this would be greatly appreciated.

Andrea Grear
Head of Senior School

Year 10 CCAPP Excursion to Brooklyn Park

This term, our Year 10 CCAPP (Christianity, Careers and Personal Planning) classes have been working through a unit on the Gospel. Part of this unit has included an assignment where students write a lesson for the Junior School students, with the intention of teaching them about an aspect of the Gospel. Three of our Year 10 classes worked with the Junior School at South Plympton, whilst one of our classes had the privilege of visiting the Brooklyn Park Campus. The students who visited Brooklyn Park were welcomed with screams of joy from the new campus, and very quickly relationships were built and the Junior School students enjoyed learning from the 'big kids'. It was a privilege to have this opportunity across one College to harness our capacity as two campuses. The Year 10 students did an exceptional job of presenting engaging and positive messages to the students.



Michael Worley
Senior School Teacher

Edtech SA Leading Light Award

Congratulations to David Chu who, as the ICT Curriculum Coordinator at Emmaus Christian College, has won the 2019 Edtech SA Leading Light Award. His passion about encouraging and inspiring students to take on a mindset where they are co-creators of technology, not mere consumers of it, was an instrumental reason for his nomination for the award.

David implemented measures in the 7-12 Digital Technologies curriculum to be contemporary, rigorous and enriching, while balancing consistency and diversity. A study of emerging pedagogical and hands-on practices lead him to develop innovative and exemplary ways of teaching Programming and Data Analysis.

David is to be congratulated for his award and the work he has done to inspire students and create innovative programs.

Andrea Grear
Head of Senior School



From Brooklyn Park

Since the last update our ELC has gone from strength to strength. Numeracy, Literacy and Christian Studies are our core learning areas and judging by our student portfolios what a term it has been so far!

Term two is already looking just as impressive and with the arrival of 10 new families, there are exciting times ahead at our ELC. Our new students had their first Orientation visit on Monday of Week 8 and we look forward to seeing them again on Tuesday of Week 11.

'Harmony Week' was also celebrated at ELC with students learning salutations in different languages and sharing their cultural backgrounds. Community is vital at Emmaus and our students were taught about inclusiveness, respect and a sense of belonging for everyone. Devotions at group time also follow this theme, which reflects the Christian hearts of our students.



Until next time Au Revoir, Yasou, Adios and Totsiens!

Blessings
Katherine Papazoglou
 ELC Co-Educator

First Aid

Please keep students home when they are unwell

Children who are unwell struggle to concentrate and learn and they are unable to participate comfortably in daily school activities. We would like to urge all parents that if your child is unwell (especially with a fever or cough) it is important that they remain at home until they are well enough to return to school. This is also one of the key factors in minimizing the risk of spreading harmful diseases and infection, along with other simple and effective measures such as regular hand washing, covering coughs and sneezes and wiping down frequently touched surfaces.

If your child becomes unwell at school one of the First Aid Officers will contact you to collect them as soon as possible. Sick children may rest in the First Aid Room for a short period of time until they are collected. If you are unable to collect your child, please arrange for one of your nominated emergency contacts to collect them. Please ensure that the College has a way to reach you or a nominated emergency contact at all times by providing current contact details and updating these details whenever there is a change.

Ros Argent and Maria McIver
 First Aid Officers

Launch News

Bebras Australia Computational Thinking Challenge

The Bebras Challenge started in Australia in 2014 and is now run through CSIRO Education and Outreach program, Digital Careers. Bebras was founded in 2004 by Professor Valentina Dagiene from the University of Vilnius, Lithuania. Bebras began with 3470 student participants from 146 schools and has now grown to almost 60 countries with over 1.6 million students participating each year! In Week 8, 22 students from Years 5 and 6 competed in the competition.

Susanne Milne
 Launch Coordinator (F - Year 10)

Uniform Shop

It is time to think about winter uniform, please refer to the [website](#) for what is required for each sub school.

The uniform shop is open during the second week of the school holidays.

Thursday 23 April 11.00am - 4.00pm
Friday 24 April 9.00am - 1.30pm

Please note: Monday 27 April is a student free day and the shop **WILL BE OPEN** as usual.

2020 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

Canteen Roster

Week 9 T1

Thu 26	No help needed
Fri 27	HELP NEEDED

Week 11 T1

Mon 6	No help needed
Tue 7	No help needed
Wed 8	HELP NEEDED
Thu 9	No help needed
Fri 10	Good Friday

Week 10 T1

Mon 30	No help needed
Tue 31	No help needed
Wed 1 April	Natalie Almond
Thu 2	No help needed
Fri 3	HELP NEEDED

Week 1 T2

Mon 27	Student Free Day
Tue 28	No help needed
Wed 29	HELP NEEDED
Thu 30	No help needed
Fri 1 May	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 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

Student Wellbeing

FACE COVID

A very practical and helpful guide to managing anxiety during the COVID-19 crisis; 'FACE COVID - How to respond effectively to the Corona crisis' by Russ Harris, author of 'The Happiness Trap' can be found at the end of this newsletter.

Blessings

Kat Law
Student Wellbeing Coordinator

'FACE COVID'

How to respond effectively to the Corona crisis
by Dr Russ Harris, author of *The Happiness Trap*

'FACE COVID' is a set of practical steps for responding effectively to the Corona crisis, using the principles of acceptance and commitment therapy (ACT). Here's a quick summary of the key steps, and in the pages that follow we'll explore them all in more depth:

F = Focus on what's in your control

A = Acknowledge your thoughts & feelings

C = Come back into your body

E = Engage in what you're doing

C = Committed action

O = Opening up

V = Values

I = Identify resources

D = Disinfect & distance

Let's now explore these, one by one

F = Focus on what's in your control

The Corona crisis can affect us in many different ways: physically, emotionally, economically, socially, and psychologically. All of us are (or soon will be) dealing with the very real challenges of widespread serious illness and the inabilities of healthcare systems to cope with it, social and community disruption, economic fallout and financial problems, obstacles and interruptions to many aspects of life ... and the list goes on.

And when we are facing a crisis of any sort, fear and anxiety are inevitable; they are normal, natural responses to challenging situations infused with danger and uncertainty. It's all too easy to get lost in worrying and ruminating about all sorts of things that are out of your control: what might happen in the future; how the virus might affect you or your loved ones or your community or your country or the world – and what will happen then - and so on. And while it's completely natural for us to get lost in such worries, it's not useful or helpful. Indeed the more we focus on what's *not* in our control, the more hopeless or anxious we're likely to feel.

So the single most useful thing anyone can do in any type of crisis – Corona-related or otherwise - is to: ***focus on what's in your control.***

You can't control what happens in the future. You can't control Corona virus itself or the world economy or how your government manages this whole sordid mess. And you can't magically control your feelings, eliminating all that perfectly natural fear and anxiety. But you can control *what you do* - here and now. And that matters.

Because *what you do* - here and now - can make a huge difference to yourself, and anyone living with you, and a significant difference to the community around you.

The reality is, we all have far more control over our behaviour, than we do over our thoughts and feelings. So our number one aim is to take control of our behaviour - right here and now - to respond effectively to this crisis.

This involves both dealing with our inner world – all our difficult thoughts and feelings - and our outer world – all the real problems we are facing. How do we do this? Well, when a big storm blows up, the boats in the harbour drop anchor – because if they don't, they'll get swept out to sea. And of course, dropping anchor doesn't make the storm go away (anchors can't control the weather) - but it can hold a boat steady in the harbour, until the storm passes in its own good time.

Similarly, in an ongoing crisis, we're all going to experience 'emotional storms': unhelpful thoughts spinning inside our head, and painful feelings whirling around our body. And if we're swept away by that storm inside us, there's nothing effective we can do. So the first practical step is to 'drop anchor', using the simple ACE formula:

A = Acknowledge your thoughts and feelings

C = Come back into your body

E = Engage in what you're doing

Let's explore these one by one:

A = Acknowledge your thoughts and feelings

Silently and kindly acknowledge whatever is 'showing up' inside you: thoughts, feelings, emotions, memories, sensation, urges. Take the stance of a curious scientist, observing what's going on in your inner world.

And while continuing to acknowledge your thoughts and feelings, also

C = Come back into your body

Come back into and connect with your physical body. Find your own way of doing this. You could try some or all of the following, or find your own methods:

- Slowly pushing your feet hard into the floor.
- Slowly straightening up your back and spine; if sitting, sitting upright and forward in your chair.
- Slowly pressing your fingertips together
- Slowly stretching your arms or neck, shrugging your shoulders.
- Slowly breathing

Note: you are not trying to turn away from, escape, avoid or distract yourself from what is happening in your inner world. The aim is to remain aware of your thoughts and feelings, continue to acknowledge their presence and at the same time, come back into and connect with your body, and actively move it. Why? So you can gain as much control as possible over your physical actions, even though you can't control your feelings. (Remember, F = Focus on what's in your control)

And as you acknowledge your thoughts & feelings, and come back into your body, also

E = Engage in what you're doing

Get a sense of where you are and refocus your attention on the activity you are doing.

Find your own way of doing this. You could try some or all of the following suggestions, or find your own methods:

- Look around the room and notice 5 things you can see.
- Notice 3 or 4 things you can hear.
- Notice what you can smell or taste or sense in your nose and mouth
- Notice what you are doing
- End the exercise by giving your full attention to the task or activity at hand. (And if you don't have any meaningful activity to do, see the next 3 steps.)

Ideally, run through the ACE cycle slowly 3 or 4 times, to turn it into a 2- 3 minute exercise.

If you wish, to help you get the hang of this, you can download some free audio recordings of 'dropping anchor' exercises, varying from 1 minute to 11 minutes in length. You can listen to these and use them as a guide to help you develop this skill. You can download or stream them from the left hand box on this webpage: <https://www.actmindfully.com.au/free-stuff/free-audio/>

NOTE: please don't skip the A of ACE; it's so important to keep acknowledging the thoughts and feelings present, especially if they are difficult or uncomfortable. If you skip the A, this exercise will turn into a distraction technique – which it's not supposed to be.

Dropping anchor is a very useful skill. You can use it for handling difficult thoughts, feelings, emotions, memories, urges and sensations more effectively; switching off auto-pilot and engaging in life; grounding and steadying yourself in difficult situations; disrupting rumination, obsessing and worrying; and focusing your attention on the task or activity you are doing. The better you anchor yourself in the here and now, the more control you have over your actions – which makes it a lot easier to do the next steps: **COVID**

C = Committed Action

Committed action means effective action, guided by your core values; action you take because it's truly important to you; action you take even if it brings up difficult thoughts and feelings. Once you have dropped anchor, using the ACE formula, you will have a lot of control over your actions – so this makes it easier to do the things that truly matter. Now obviously that includes all those protective measures against Corona – frequent handwashing, social distancing, and so on. But in addition to those fundamentals of effective action, consider:

What are simple ways to look after yourself, those you live with, and those you can realistically help? What kind, caring, supportive deeds you can do?

Can you say some kind words to someone in distress – in person or via a phone call or text message?

Can you help someone out with a task or a chore, or cook a meal, or hold someone's hand, or play a game with a young child?

Can you comfort and soothe someone who is sick? Or in the most serious of cases, nurse them and access whatever medical assistance is available?

And if you're spending a lot more time at home, through self-isolation or forced quarantine, or social distancing, what are the most effective ways to spend that time?

You may want to consider physical exercise to stay fit, cooking (as) healthy food (as possible, given restrictions), and doing meaningful activities by yourself or with others.

And if you're familiar with acceptance and commitment therapy or other mindfulness-based approaches, how can you actively practice some of those mindfulness skills?

Repeatedly throughout the day, ask yourself 'What can I *do* right now - no matter how small it may be - that improves life for myself or others I live with, or people in my community?' And whatever the answer is – do it, and engage in it fully.

O = Opening up

Opening up means making room for difficult feelings and being kind to yourself. Difficult feelings are guaranteed to keep on showing up as this crisis unfolds: fear, anxiety, anger, sadness, guilt, loneliness, frustration, confusion, and many more.

We can't stop them from arising; they're normal reactions. But we can open up and make room for them: acknowledge they are normal, allow them to be there (even though they hurt), and treat ourselves kindly.

Remember, self-kindness is essential if you want to cope well with this crisis – especially if you are in a caregiver role. If you've ever flown on a plane, you've heard this message: 'In event of an emergency, put on your own oxygen mask before assisting others.' Well, self-kindness is your own oxygen mask; if you need to look after others, you'll do it a whole lot better if you're also taking good care of yourself.

So ask yourself, 'If someone I loved was going through this experience, feeling what I am feeling – if I wanted to be kind and caring towards them, how would I treat them? How would I behave towards them? What might I say or do?' Then try treating yourself the same way.

For more on self-kindness, also known as self-compassion, read this eBook:

https://drive.google.com/file/d/1_Q3UcT9Q8VuSbiRm7x7-xjaxy5xkrba/view?usp=sharing

V = Values

Committed action should be guided by your core values: What do you want to stand for in the face of this crisis? What sort of person do you want to be, as you go through this? How do you want to treat yourself and others?

Your values might include love, respect, humour, patience, courage, honesty, caring, openness, kindness or numerous others. Look for ways to 'sprinkle' these values into your day. Let them guide and motivate your committed action.

Of course, as this crisis unfolds, there will be all sorts of obstacles in your life; goals you can't achieve, things you can't do, problems for which there are no simple solutions. But you can still live your values in a myriad of different ways, even in the face of all those challenges. Especially come back to your values of kindness and caring. Consider:

What are kind, caring ways you can treat yourself as you go through this?

What are kind words you can say to yourself, kind deeds you can do for yourself?

What are kind ways you can treat others who are suffering?

What are kind, caring ways of contributing to the wellbeing of your community?

What can you say and do that will enable you to look back in years to come and feel proud of your response?

I = Identify resources

Identify resources for help, assistance, support, and advice. This includes friends, family, neighbours, health professionals, emergency services. And make sure you know the emergency helpline phone numbers, including psychological help if required.

Also reach out to your social networks. And if you are able to offer support to others, let them know; you can be a resource for other people, just as they can for you.

One very important aspect of this process involves finding a *reliable and trustworthy* source of information for updates on the crisis and guidelines for responding to it. The World Health Organisation website is the leading source of such information:

<https://www.who.int/emergencies/diseases/novel-coronavirus-2019>

Also check the website of your country's government health department.

Use this information to develop your own resources: action plans to protect yourself and others, and to prepare in advance for quarantine or emergency.

D = Disinfect & distance physically

I'm sure you already know this, but it's worth repeating: disinfect your hands regularly and practice as much social distancing as realistically possible, for the greater good of your community. And remember, we're talking about physical distancing – not cutting off emotionally. (If you aren't quite sure about what this means, read this:

<https://www.who.int/emergencies/diseases/novel-coronavirus-2019/advice-for-public>)

This is an important aspect of committed action, so align it deeply with your values; recognise that these are truly caring actions.

In Summary

So again and again and again, as problems pile up in the world around you, and emotional storms rage in the world within you, come back to the steps of FACE COVID:

F = Focus on what's in your control

A = Acknowledge your thoughts and feelings

C = Come back into your body

E = Engage in what you're doing

C = Committed action

O = Opening up

V = Values

I = Identify resources

D = Disinfect & distance

Well, I do hope there's something useful in here for you; and feel free to share this with others if you think may find it helpful.

These are crazy, difficult, scary times, so please do treat yourself kindly. And remember the words of Winston Churchill: *'When you're going through hell, keep going'*.

All the best,

Cheers, Russ Harris