



IMPORTANT DATES

JUNE

- Thu 13 SACSA Netball Boys
Yr 8/9 & Open @ SA United
Church Netball Associaton
- Fri 14 SACSA Netball Girls
Yr 8/9 & Open @ SA United
Church Netball Association
- Mon 17 - Fri 21 Yr 10 & 11 Exams
- Wed 19 MS/SS Principal Tour

Winter Instrumental
Evening in EPAC, 7pm-9pm
- Thu 20 JS Principal Tour
- Fri 21 Semester 1 ends
- Mon 24 Semester 2 commences
- Tue 25 Yr 9, 10, 11 Career Expo &
Subject Information Night
@ EPAC, 5.30pm-8pm

From the Head of Middle School

Brad Huddleston is an internationally respected speaker, consultant, teacher and author on important issues such as technology and culture. Emmaus recently hosted a CSA (Christian Schools Australia) leadership day where Brad spoke about 'digital cocaine' – the addiction many in our community have to devices, social media, gaming and pornography. Brad stepped us through the neuroscience of what is changing within the brain and the flow-on affect this is having on behaviour.

He spoke about tolerance resistance developing in the brains of people who receive over stimulation and dopamine flooding through regular overuse of screen time (and particularly through gaming and pornography). The most common impact on documented human behaviour include:

- Anger
- Anxiety and depression
- Sleep loss
- Numbness (Anhedonia – 'thrilled to death')
- Irritability
- Attention deficits

If this is a topic that you and your family have been grappling with, you are not alone. Families can so easily be directed into a downward spiral as a result of not having clear boundaries established from an informed view. Many people are crying out for practical recommendations/actions to implement that will help their children develop the way God intends. Here are the top four recommendations Brad provided us with:

- Teenagers require 9.25 hours of sleep every night to allow for healthy brain function and repair (younger children require more)
- No technology in the bedroom
- No technology well before sleep time
- No technology before school

"Do not conform to the pattern of this world, but be transformed by the renewing of your mind. Then you will be able to test and approve what God's will is, his good, pleasing and perfect will."
Romans 12:2 (NIV)

Brad showed Single Photon Emission Computed Tomography (SPECT) brain scans of healthy brains and those affected by addictions of heroin, cocaine, social media, gaming and pornography. Healthy brains had regular shape and plenty of colour. Damage was represented by pits and less colour...



As parents we are called into perhaps the hardest and most unrelenting jobs that can be done. Whilst we carry the responsibility of setting appropriate boundaries for our children (we are not to be our child's friend), what a privilege we have to love, guide and grow our children.

"Train up a child in the way he should go, and when he is old he will not depart from it."
Proverbs 22:6 (NKJV)

Brad presented to our Middle School students, staff, and ran a parent session at the College on Tuesday. He brought a hope filled message of the brain repair of a child called Noah who after healthy changes and boundaries had the colour return to his brain scans. You can also find out more about Brad and helpful resources he provides here: <https://bradhuddleston.com/>

Jonathan Carpenter
Head of Middle School

Weekly Coffee Connect
Tuesday Morning
8.45am - 9.45am

Weekly Prayer Connect
Thursday Morning
8.45am - 9.15am

Junior School

Junior School Literacy

My Year 3/4 class have been investigating different forms of energy.

Elise (Year 4) has written a letter using personification from a different perspective - Light Energy! Well done Elise.

Dear Elise,

I love working with my sister, Electrical Energy, but she always shows-off! She is going to the movies, she is hanging out with all the celebrities in Hollywood, she gets into all the major parties and is even invited into the Mayor's house freely. Do you have any idea how jealous it makes me feel? If you could, it would be super duper awesome if you could explain to her that without a switch, she wouldn't be nearly as cool as she thinks she is. Thank you!

Now, my other best friend Heat is in a bit of a jam. She can't eat ice cream, everything she touches ends up burnt or exploding into flames. This makes everyone really scared of her as well making her very angry. Just once, she would love to try a delicious lemonade ice cream cake without it becoming a puddle on the floor or a black chunk of charcoal. Is there any way you could possibly help her get just a little bit of a treat?

Anyway, back to my problem, my sister Electrical, says that I am nowhere near as cool as her. She doesn't know that I get to hang out with the cool people too! When they are scared, they use me to see what is going on. I get to go to all the birthday parties because I'm on the cake.

I love taking selfies in my bedroom. I was able to take my 2563 photos but my phone said 'full storage space' and I said but I only have 2563 photos! Now, what am I going to do?

Please help me, from your very sad but very best friend,

Light energy

Max Dal Santo

Junior School Teacher

Performing Arts

On Thursday 6 June, Secondary school parents enjoyed an evening of dance, physical theatre and clowning. The audience was also treated to a sneak preview of the Year 12 play "*Almost, Maine*" which is being performed tonight Wednesday 12 and tomorrow Thursday 13 June in EPAC (bookings via [Trybooking](#))

The evening was titled "Inspiring" and featured a variety of work from Year 7-12 Dance and Drama classes in various stages of competition. The aim of the night was to encourage the students in what they have learnt during the semester and give them the opportunity to perform their new skills with our wider community. Set in the round, the night delivered inspiring performance work by our wonderful Emmaus students.

The night also featured a special exhibition by Year 11 Visual Art students titled 'My Personal Landscape'.

Thank you to parents and especially staff, Adrian Cotterell, Irma Rodda and Esther Amoy who supported our students on the night.

Congratulations to our students who demonstrated confidence in performing and took risks and as a result were able to entertain an audience of over 200 people.

Jessica Routley

Senior School Teacher

Winter Instrumental Evening

On Wednesday 19 June, 7pm in EPAC.

Instrumental Evenings provide an opportunity for students of all ages and abilities to perform in front of a live audience. All instrumental students (who learn to play an instrument both at the College and privately), are welcome to perform, please click [here](#) to complete the booking form.

Students performing need to arrive at 6.30pm and entry to family and friends is by gold coin donation for a 7pm start. If you are unsure about performing, please speak to your Instrumental Tutor or Music Teacher for guidance. Places are limited and fill up fast!!

Emmaus Music Showcase

On Tuesday 2 July, 7pm in EPAC.

The annual celebration of all our ensembles with special guests, Year 12 soloists.

All students from Year 1-12 involved in ensembles will be performing.

Tickets will be on sale through Trybooking under 'Events' on our College [website](#).

Tickets do sell fast, so keep an eye on the website and book early.

If you have any questions regarding this event, please email tmehurst@emmauscc.sa.edu.au

Tracey Medhurst

Performing Arts Assistant

Senior School

Lands Trip 2019 – The 25th Trip to the APY Lands

Ernabella Anangu School invited 23 Emmaus students to join them in Week 5 as part of their week long programme. Emmaus students built friendships, learnt Pitjantjatjara, helped in classrooms, went on a bush trip for maku (witchetty grub) and honey ants, and carried children on shoulders. This year they had an extra contribution to make, they helped Dave Barnett enter translation data for the Bible into Pitjantjatjara. What a privilege to be able to help in such a practical way, it is good to know that they have had a part to play in helping the word of God reach the Anangu people.

One of the highlights was Culture Day, in which the whole school participated with adults coming from the community to teach weaving, painting, punu (wood carving), beading, damper, spear making, malu wipu (kangaroo tail), and inma (dancing) which was for both Emmaus boys and girls, the first time this year. The generosity of the Ernabella Anangu School staff and Principal, anangu tjitji (children) and wider Ernabella community were once again exemplary. Our students gained a small insight into the extraordinary depth of Pitjantjatjara culture.

We look forward to hosting Ernabella children when they visit us in Term 3, Week 7 and 8 for a good time with Emmaus students and staff. Thank you Ernabella Anangu School for hosting us for 25 times – quite a record!



Melbourne Arts Trip

Arts Trip was a great event this year, and students are to be commended for their enthusiasm in all areas of the Arts. A number of students really enjoyed the ballroom dancing, which was a surprise to both themselves and me – it is good preparation for the Formal in Year 12.

The musical *'Muriel's Wedding'* was also a hit and the students loved it even though it focused on a wedding.

Overall, it was a worthwhile trip into the Arts in Melbourne and a much anticipated event each year.



Monarto Zoo

This is a new camp to Emmaus this year and was enjoyed despite the weather and tents! Students got to experience wildlife and the environment on the one camp and those who braved the conditions were amply rewarded with an excellent experience and teaching. The students who stuck it out were really pleased they had and they learnt some practical life skills, as well as saving the environment!



Andrea Gear
Head of Senior School

Launch News

Legacy Junior Public Speaking Competition

On Saturday 24 May, Bryant in Year 7 competed in his first public speaking competition with Legacy.

His 5 minute prepared speech was on the "Heartless Helper." Bryant had been refining and rehearsing his speech for 3 weeks. Bryant presented well and was commended for the use of structure of his 2-minute impromptu speech on "If I was the Prime Minister..."

Prior to the competition Bryant had been meeting before school for two weeks to learn how to effectively present an impromptu speech. Well done Bryant.



da Vinci Decathlon - An Academic Gala Day

In Week 5, Emmaus had three teams of eight students competing on consecutive days in the da Vinci Decathlon competition held at St Peter's Girls College. The questions for the competition are crafted by University students and are written to create an academic challenge across 10 different subjects.

All participating students had given up their lunchtimes for the past 6 weeks to practice previous questions. Thank you for your time and dedication to your training. Thanks to Christine Blom for ensuring our students looked so professional in their formal winter uniforms.

Our Year 5/6 team competed against 23 schools both in the private and public sector. Congratulations on their outstanding achievements! They received first place in Art and Poetry, 4th in Science and English and 5th in Cartography.

Our Year 7 team gained a hard-fought 3rd place in Engineering and came 2nd in Cartography. Well done!

Our Year 9 team came 4th in Art and Poetry.

Debating News

Emmaus has 11 teams competing this year in the Debating SA Competition. We could not do this without the help of our amazing parent and teacher coaches who are willing to give up their time to assist our students in learning the life skill of Debating. Thank you to Ms Zucco, Mr Coggins, Ms Burrow, Ms Coppins, Mrs Hull and Mrs Potter.

In particular, we would like to acknowledge two Year 10 students who volunteered on their own initiative to coach our youngest team. Both Jenna and Antakiya said that they had learnt so much in their previous 5 years of being involved in Debating, that they would like to give back to the College using their acquired knowledge and expertise. So far, their Year 5 Orange team has been very successful with one Debater being awarded speaker of the night and winning two out of two rounds.

Both of our Year 10 teams have won both their rounds as well. Congratulations to Bryant (Year 7) and Kaitlin (Year 10) for winning speaker of the night.



International History Bowl and Bee Competition and Geography Quiz

Emmaus Christian College has been asked to host this International Competition again this year on the evening of Tuesday 18 June. Different schools across Adelaide will be coming to Emmaus to compete.

Students from Year 7 to Year 12 who have an affiliation for History have started their lunchtime training with recalling dates, places, people and events that have been significant in History.

It is an exciting competition with students in teams and as an individual using buzzers to beat the clock.

Tournament of Minds (TOM)

Students from Year 5-10 who are interested in participating in the TOM Challenge are asked to contact me before Friday 21 June.

TOM offers teams of students the opportunity to solve authentic, open-ended challenges that foster creative, divergent thinking whilst developing a collaborative enterprise. Challenges are set in the following disciplines...The Arts, Language Literature, Social Sciences and STEM. Students will be required to work at lunchtimes and at home to complete the challenge. Students will need to be available to compete in the long term and short term challenges for the whole day on Sunday 8 September at Flinders University. For more information <https://www.tom.edu.au/Branch/sa/>

Susanne Milne

Launch Coordinator (F - Year 10)

Wellbeing Coordinator

Building Resilience

On Saturday 1 June, Ben Squire and I both attended the Resilient Kids Conference in our capacity as Student Wellbeing Coordinators. It was an amazing day full of practical advice around how to build resilience in children and teenagers (as well as ourselves). One of my favourite presentations was Hugh Van Cuylenburg, who founded The Resilience Project. Hugh shared three qualities & practical ideas that have been shown to significantly improve mental health and increase resiliency in people of all ages. These can easily be remembered with the acronym 'GEM', which stands for Gratitude, Empathy and Mindfulness. Below are some ideas around how you might build these qualities in your young people.

Gratitude

Gratitude is the ability to notice what you do have in life when our natural tendency is to notice what is missing. It is moving away from a 'when, then' mindset (eg. when I get to Grade 7, then I will be happy; when I get that new bike, then I will be happy) to intentional thankfulness for what we have today. This has amazing effects on our brain which can improve our physical and emotional health.

One idea for how to cultivate this is to spend time every night asking each family member *"what are 3 things that went well today?"* You can also ask for 3 things they are grateful for- just make sure you do not fall into a habit of saying the same 3 things (eg family, friends, house) every day!

Empathy

Empathy is the ability to look outside of our own experience and truly connect with someone else's. Studies show that increased empathy leads to increased kindness towards others, and that when we are kind to others, our brains release oxytocin which makes us feel happy. This means that building empathy towards others in your child can make a real positive impact on their own mental health.

A practical way to encourage this is to ask questions during conflict, when discussing friendship issues, while watching movies etc. such as *"what do you think that person would be feeling?"* and *"why do you think they did that?"* or *"what else might be going on for that person?"* Of course, the best way to build empathy in your children is to model it!

Mindfulness

Mindfulness is the ability to pull our mind from the past or the future and really be in the moment. Research tells us that less than 15% of our day is spent in the present moment! Being able to slow down and take notice of what is happening 'right now' can reduce anxiety and increase concentration and calmness, as well as our capacity for gratitude and empathy.

One strategy that has been highly effective with many students (of all ages) is called *"5 Things"*. You ask your child to choose a colour and then find 5 things of that colour by looking around. They then repeat those 5 things back to you in the same order, up to 3 times. This is a very simple but highly effective way of bringing your child's mind back into the present moment when they are experiencing anxiety or distress.

Another common practice is engaging in a *"body scan"*, where you ask your child to focus inwards and do a scan up and down their body, taking notice of any physical or emotional feelings they have (ie. warm feet, heart beating fast, anxiety in their stomach etc.). This builds mindfulness, emotion regulation skills, and provides you with information around what they might need in that moment.

Resources

For more ideas and support in cultivating mindfulness, apps such as Calm, ReachOut Breathe, Smiling Mind and Headspace are very helpful and evidence based. For more information and guidance around the GEM model, including mindfulness audio scripts, The Resilience Project also have an app for download. Their website theresilienceproject.com.au also has brochures, journals and more.

Blessings,

Kat Clark

Student Wellbeing Coordinator

Careers Corner

Electrical Construction Taster Course

Applications will close Monday 17 June 2019.

The taster course is targeted at Year 10 students and will give students who enjoy working with their hands the chance to have a look and "taste" at the construction and electrical industry. This course will be highly interactive and hands on and is intended to provide students with an introduction into construction, in particular electrical. The students will gain a white card qualification (WH&S) and will build a portable electronic mobile phone charger.

It will also provide an avenue for those who wish to go on to study the Certificate II Electrotechnology (Career Start) course, which is a pathway into an electrical apprenticeship. Students may also consider another course in construction. Please note that this course will focus mainly on electrical. Students who complete this course will gain a White Card qualification.

Course Cost: \$490 (includes course materials)

The Electrical Construction Taster Course will commence in Week 2 Term 3 and will run every Monday afternoon for 8 weeks in our Trade Training Centre. For more information and an enrolment form follow this link <https://emmauscc.sa.edu.au/life-learning/trade-training-centre> or more information please contact me on ctorjul@emmauscc.sa.edu.au

Cathy Torjul

VET Coordinator

Principals Tours

Principal Tours are a great way for families to experience our College first-hand.

There will be plenty of information available for families interested in enrolling in the new Brooklyn Park campus opening in 2020.

Upcoming tour dates are:

Middle & Senior School Principal's Tour: Wednesday, 19 June, 9am

Junior School Principal's Tour: Thursday, 20 June, 9am

Book online [here](#)

Barb Greenslade
Registrar

College News

Careers and Subject Expo

The Careers and Subject Expo will be held in the EPAC on Tuesday 25 June from 5.30pm to 8pm. This is a necessary night for all students in Years 9, 10 and 11 and their parents to gather information about subjects offered at Emmaus, career directions and tertiary study. We will have representatives from training organisations, university and subject teachers available to answer questions. There will be sessions running on SACE, VET and the Future of Jobs.

The sessions will run:

5.40pm	Chris Mesecke	Where the future jobs are
6.00pm	Cathy Torjul	What VET courses can do for you
6.20pm	Irma Rodda	What is SACE?
6.40pm	Chris Mesecke	Where the future jobs are
7.00pm	Cathy Torjul	What VET courses can do for you
7.20pm	Irma Rodda	What is SACE?

Keep an eye out for emails and information on how to book your session.

Belinda Willcocks
Director of Teaching and Learning - Secondary

Identity Day Junior School - Wednesday 3 July in EPAC

Students from Foundation to Year 6 have been introduced to the idea of exploring their own personal identity. The Junior school is preparing for our Identity Day at the end of term on Wednesday 3 July. We welcome parents and relatives to attend this day!

We all have our identity firmly grounded in God. We all have been given unique passions and interests that make us who we are. Students and teachers have been asked to consider what is important to them, like their heritage, their pastimes, and their experiences.

Why look at different aspects of our identity? This is the first step towards having the students and staff choose one part of their identity in order to create their display for the Identity Day. Everyone has an idea of what a Science Fair is; it will be a similar type of display, but not based on science, but based on something important to our children that they can share with the whole school.

The Junior School will set up their displays on desks, and then taking turns "hosting" everyone else, as we make our way through the EPAC. What a great way to get to know each other better!

The Foundation classes will be creating something with their teacher about them and displaying it on their desk in their classrooms.

Year 1 to year 6 Parents, we ask that you help your child think about what identity project they would like to consider. This is meant to be a home project.

Bring your box and artefacts on the WEDNESDAY, as we have no room to store them before hand.

We invite you to come in and enjoy Identity Day, too.

Wednesday 3 July - Parents/grandparents/friends WELCOME

Foundation students in their classrooms with information about them on their desks from:

8.40am to 9am and then back in their classes from 9.25am - 10.20am. (9am - 9.25am Foundations visit EPAC)

EPAC

All classes listed below will set up their boxes/displays on tables in the EPAC

- Years 1 and 2 - 9am - 10.15am
- Years 3 and 4 - 10.45 - 12pm
- Years 5 and 6 - 1pm - 2pm

Susanne Milne
Launch Coordinator (F - Year 10)

First Aid

Wash, Wipe, Cover Tips

Being struck down with a cold, the flu or gastroenteritis is unpleasant and disruptive. Many of these common infectious diseases are spread by germs on our hands.

You can reduce the risk of getting sick or passing infections on to others by:

- Washing your hands, particularly after going to the toilet or handling used tissues
- Wiping down frequently touched surfaces
- Covering your coughs and sneezes with a tissue.

It is also important to avoid touching your eyes, nose and mouth, or handling food, until you have washed your hands. Avoid contact with others if you are sick and if others are sick, keep your distance as much as possible.

By following these simple steps you will help yourself, your family, friends and work colleagues to slow the transmission of colds, flu and gastro.

If you would like more information about stopping the spread of germs, please see the Wash, Wipe, Cover information brochure by clicking [here](#) and supporting fact sheet [here](#). For additional resources, see SA Health's Wash, Wipe, Cover page [here](#).

Ros Argent and Maria McIver
First Aid Officers

Uniform Shop

2019 Normal Opening Hours

Monday	8.30am - 10.00am 3.00pm - 5.00pm	Thursday	8.30am - 10.00am 1.00pm - 1.30pm 3.00pm - 5.00pm
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Christine Blom-Cursaro
Uniform Shop Manager

Canteen Roster

Week 7 T2

Thu 13	No help needed
Fri 14	Carla Giliomee

Week 9 T2

Mon 24	No help needed
Tue 25	No help needed
Wed 26	HELP NEEDED
Thu 27	No help needed
Fri 28	HELP NEEDED

Week 8 T2

Mon 17	No help needed
Tue 18	No help needed
Wed 19	HELP NEEDED
Thu 20	No help needed
Fri 21	Catherine Chua

Week 10 T2

Mon 1 July	No help needed
Tue 2	No help needed
Wed 3	HELP NEEDED
Thu 4	No help needed
Fri 5	Nancy Pantelis

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

Holiday Activities

School of Languages Vacation School 2019

School of Languages, 255 Torrens Road, West Croydon are holding a Vacation School for Year 12 Language Students on Thursday 11 July, 9am - 3.30pm.

Languages offered are Chinese, French, German, Indonesian, Italian, Spanish and Japanese.

A focus on the SACE Board Subject Outline and preparation for the Year 12 exam and opportunities for conversation and discussion in the target language. For further information and costs telephone 8301 4800 or register [here](#).

Ambassadors Soccer Camps

Ambassadors is a Christian organisation which aims to share the gospel with 6-12 year olds using soccer.

They offer quality coaching, character development and matches and individual competitions.

Being held on Tuesday 16 - Friday 19 July, 9am - 12.30pm each day for boys and girls aged 5 to 12 years with all playing abilities at Parks' Playing Fields, Hawthorn. Go to their website for costs and further information www.soccercamps.org.au

Marion Primary School Vacation Care

Marion Vacation Care is available for the July School Holidays. Please contact Robyn Shanahan via [email](#) or 0481 187 627 for further information.