

IMPORTANT DATES

SOUTH PLYMPTON

&

BROOKLYN PARK

*Please check College
[Website](#) for Important
Dates*

From the Principal

Dear Emmaus Families and Friends

A work in progress

2 Peter 3:18 *"Grow in the grace and knowledge of our Lord and Saviour Jesus Christ"*.

Although I am welcoming you to a very unusual commencement of a school year with a staggered physical start for students, my prayers for a positive and Christ filled 2022 at the College are unphased. I am determined to not let the current circumstances define 2022 or take our focus off the 'prize' – for our young people to grow and flourish during 2022 in character, faith, skills and knowledge.

Pablo Casals was considered to be the preeminent Cellist of the first half of the 20th Century. When he was still playing his Cello in the middle of his tenth decade of life, a young reporter asked, "Mr. Casals, you are 95 years old and the greatest cellist that ever lived. Why do you still practice 6 hours a day? Mr. Casals answered, "Because I think I'm making progress." Reflecting on Mr Casals' response reminds me we are all a work in progress, not just our children. As we read in 2 Peter 3:18 there remains much growing for us all – we are all 'works in progress' as we seek to become more Christlike. As we continue to grow in Christ we are more able to "go and bear fruit" (John 15: 9-17). My prayer for 2022 is an abundant harvest!

As I type and look out of my office window I am reminded our children and ourselves are not the only 'work in progress' as we enter the 2022 school year (my office overlooks the new Nature Playground at South Plympton – certainly still a 'work in progress'). Much construction has been underway over the holidays across the College and is still in progress (I am sure the wait will be worth it...).



BP - Third ELC Room



BP - Third ELC Room



SP - Gym



SP - Nature Play

Andrew Linke
Principal

Sibling Applications for South Plympton and Brooklyn Park

As we begin the interview process for 2024 enrolments please ensure that you have submitted your sibling application for 2024.

Interviews will open up to new families early next week, so it is imperative that you complete your sibling enrolment. Please visit our [website](#) where you will be able to complete a sibling application and pay online.

If you have any questions please do not hesitate to contact:

South Plympton - [Barb Greenslade](#) on 8292 3834

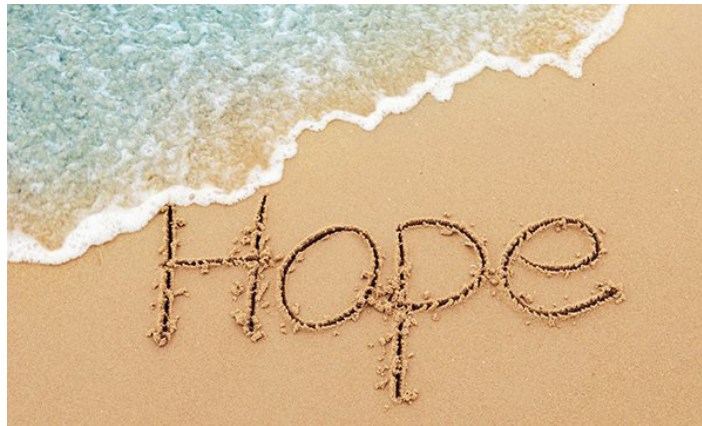
Brooklyn Park - [Sonya Gordon](#) on 8292 3899

Barb Greenslade
Registrar

Middle School

I hope you have had a wonderful summer holiday break with your family and friends. Welcome back to all our returning students and a warm welcome to all our new students and families. We look forward to getting to know you better throughout the year.

Despite the challenges that come with a fractured start to the year, we are blessed to have a God who is faithful, reliable and greater than the challenges we encounter, who provides us with hope that cannot be washed away.



Our mission continues to be to inspire young people by providing excellence in education within a caring Christian community. I am excited to see how our Middle School students put our College values into action in 2022:

- Faith - Nurturing a Christ-centred faith and lifestyle
- Learning - Cultivating a lifelong love of authentic learning
- Community - Fostering authentic Godly relationships
- Service - Encouraging acts of service at school and in the wider community

Jonathan Carpenter
Head of Middle School

Senior School

2022, The Start of Another Year of Adjustments

This year is proving itself to be unique in many ways. We start in a staggered style and test our IT skills once again. Once again, as a Community, we are exhibiting flexibility and patience. I am over COVID, and I am not an orphan with this attitude.

Thank you for your patience and understanding as Senior staff do their best to deliver an excellent educational experience for your students. We look forward to getting everyone back on campus. Perhaps the most daunting students were those who are new to Emmaus Senior School this year. We hope they have made a good start and have the help that they need.

We also begin the year with a new mobile phone policy. As detailed in a previous article, they are not to be used during the school day, 8.35am to 3.10pm. I have included the change to the policy below for your information, we appreciate the support we have received over this change and look forward to the benefits of students who learn to disconnect and reconnect with those around them and their education.

Andrea Grear
Head of Senior School

Adjustment to the IT policy

4.8. Student Personal Devices

Students may bring personal devices, including mobile phones, to the College. However, they do so at their own risk. Students will keep the devices on silent mode and in their locker during the school day.

Student personal devices will not have access to the College network.

Junior School

- Between 8.35am and 3.10pm, personal devices are to be turned off and in the student's bag during the school day.

Middle and Senior School

1. In recognition of the social and educational benefits of being 'unplugged' from their phones, Year 7-12 students are not permitted to use their phone or wireless headphones/ear buds on school grounds between 8.35am and 3.10pm including break times.
2. If student personal devices are at the College, they are to be locked in the student's locker.
3. Students are to put their internet connected device, ie Smart watches, on 'aeroplane mode' to prevent phone calls and messages being sent or received during the school day.
4. Exceptions can be made with the permission of a teacher for pedagogical reasons such as:
 - Using a subject-specific App
 - Excursions (eg Geography Field Trips)
 - If a task requires students to take photos and videos of their peers, it is to be done using school-issued devices.
 - Students are **not permitted** to use their phone to listen to personal music.
5. If students are using personal devices without staff permission:
 - a. Teachers will remove the device/s and place them at Student Services.
 - b. Students will collect the device at the end of the school day from Student Services.
 - c. A second placement at Student Services will result in further consequences.
 - d. If a student refuses to hand over their phone or these concerns continue, further steps will be taken.

Student Wellbeing

A New Year of Growth and Change

Growth... change... two words that can conjure up many emotions. For some of us, the idea of growth and change may seem exciting and adventurous, for others it may seem daunting and worrying. There is no right or wrong response; we all process change differently. Throughout Term 1 in the Newsletter, our Wellbeing team will reflect on this idea of navigating and coping with change, and we encourage you to embark on this journey of reflection with us.

Emmaus Wellbeing Team 2022

We are so grateful for the growth in our Wellbeing team this year! It was decided at the end of last year to split the Wellbeing Coordinator role to specifically focus on F-6 and 7-12. We believe that this decision will enable us to work closer and more intentionally with the Heads of Schools and teachers, and we are looking forward to meeting student needs in a more proactive, preventive and timely manner. Please see below for the team structure:

Steph Reedman	– Student Wellbeing Coordinator F-6
Erin James	– Student Wellbeing Coordinator 7-12
Jordan Wheatcroft	– Student Wellbeing Counsellor (mostly working with F-6 students)
Ben Squire	– Student Wellbeing Counsellor (mostly working with 7-12 students)
Tash King	– Student Wellbeing Counsellor F-12

You can read more about the role of our team and approach to wellbeing on the Emmaus [Website](#).

Counselling Support

We recognise that at times, life can seem overwhelming. Sometimes we just need someone to talk to, and to process things like change! Our Wellbeing Team are here to support your children through these times. You can make a referral to see one of our Counsellors on the Wellbeing Support page on the Emmaus [Website](#). Our approach to Wellbeing is holistic, relational, strengths-based and formed on a Biblical foundation.

Blessings,

Steph Reedman
Student Wellbeing Coordinator F-6

From the Canteen

Welcome back to School

The canteen will currently be available to our Foundation, Years 1, 2, 7, 8 and Year 12 students and staff. With the staggered start to the year, we have modified the menu, please find it attached. We urge Middle and Senior School students to pre-order. Due to the reduced number of students on site, the over-the-counter food available will also be reduced. Preferred method of pre-ordering is via the Qkr App, please find the 'Parents How to Guide' and the 'Frequently Asked Questions' documents attached.

Changes to EFTPOS

Middle and Senior School students must use a bank card only; in compliance with the College's mobile phone policy. There is a \$5 minimum purchase required for EFTPOS.

Cash orders can still be made, please see the back of the menu for the process for the different sub-schools (SP Junior, Middle and Senior Schools) please use coins or small notes (\$5 or \$10).

I look forward to your continued support.

"Do not work for food that spoils, but for food that endures to eternal life, which the Son of Man will give you. For on him God the Father has placed his seal of approval." John 6:27

God Bless

Sharon Hughes
Canteen Manager

Uniform Shop

Changes to the Uniform Shop Availability

The Uniform shop will be open to parents Monday and Thursday by appointments only, to reduce congestion at the uniform shop.

The options available for purchasing your child's school uniform in Term 1 2022 are:

1. SOBS Online Booking System

Appointments can be made Mondays and Thursdays, 8.15am to 10.15am and 2.45pm to 4.15pm, with 15 minute time slots, if you feel you need more time, please book two appointments.

To book online, please click [here](#).

2. QKR app, (please refer to the [website](#) on how to use the app)

The QKR app is only suitable if you know your child's size.

The items will be sent to your child's class, if you are not at school the uniform shop will ring to organise a collection.

Brooklyn Park items will be sent to Brooklyn Park.

Thank you for your patience and understanding during this time.

God Bless

Christine Blom-Cursaro
Uniform Shop Manager



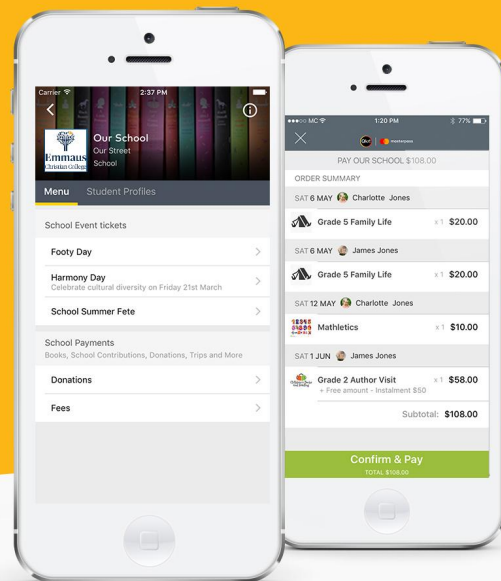
masterpass

For quicker, hassle-free school payments, try Qkr! today

Introducing Qkr! (pronounced 'quicker') by Mastercard, the secure and easy way to order and pay for school items from your phone at a time and place that suits you.

With Qkr you can:

- Order and pay for your child's lunches, reducing the need to bring cash to school;
- Pay for a variety of school items;
- See your receipts on the app and get them sent by email if required.



Getting started is easy - try it yourself today

Step 1 Download Qkr!

on your Android phone or iPhone. iPad users can download iPhone app



Step 2 Register

Select your Country of Residence as 'Australia' and follow the steps to register

Step 3 Find our school

Our school will appear in 'Nearby Locations' if you're within 10kms of the school, or search for our school by name.

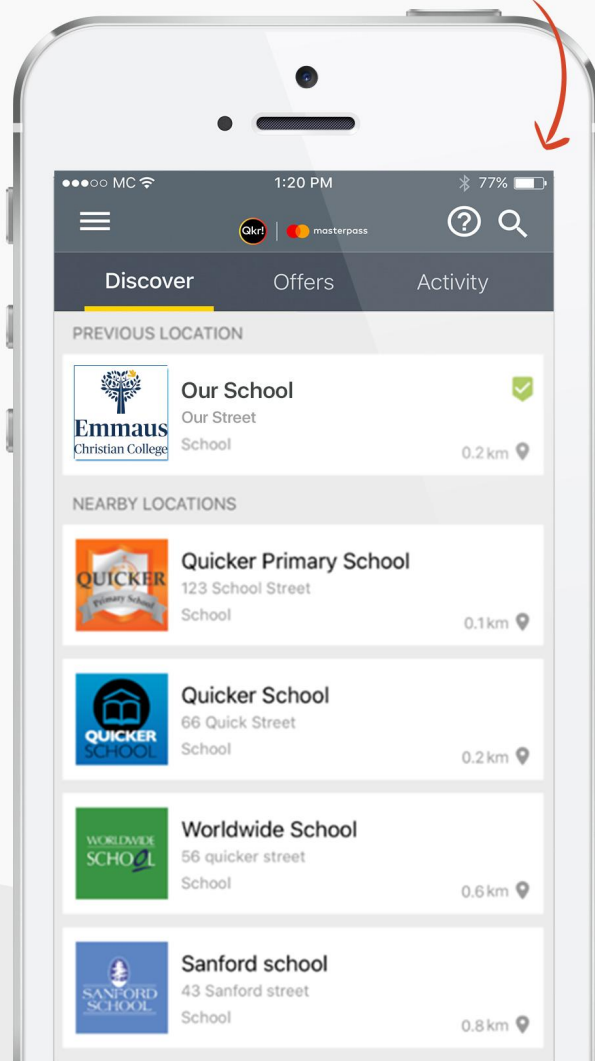
Step 4 Register your children

When first accessing our school you will be prompted to add a student profile for your child. This allows you to make orders and payments for them.

Search for our school name

If you have made a purchase you can select our school from 'Previous Location'

If you're within 10 kms of the school, you can select our school from 'Nearby Locations'

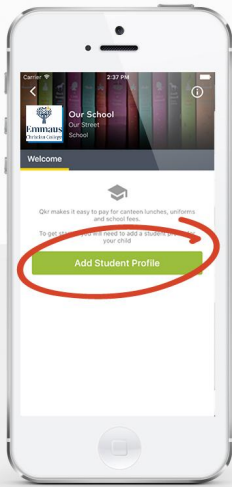




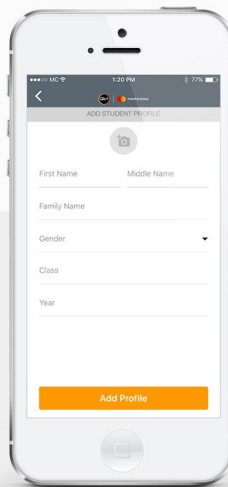
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Add your children's details in Student Profiles

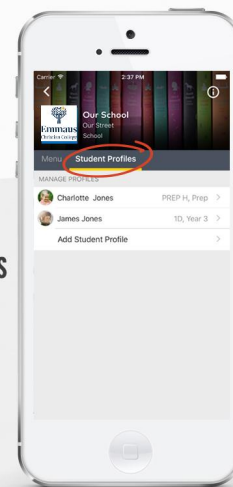
Select 'Add student profile'



Add each child's details

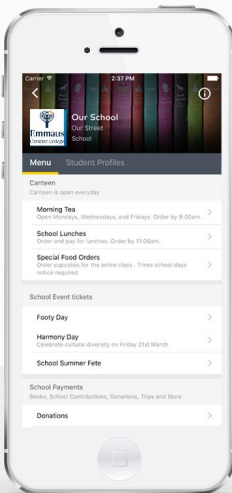


Manage each child's details in Student Profiles

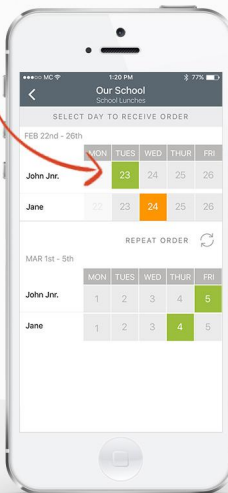


Order meals

Select a menu from our canteen



Tap the green box to view your receipt or to cancel an order



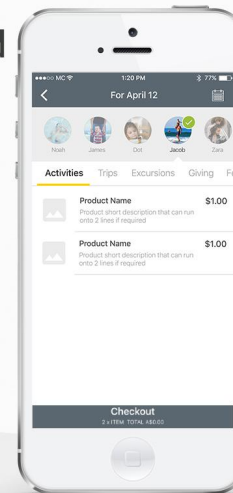
Select a date for a child and order a meal

Tap 'Repeat order' to copy all paid orders from one week to the next

Tap to change the date you are ordering for

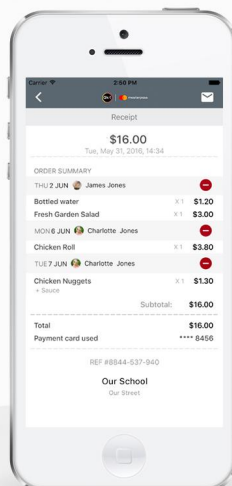
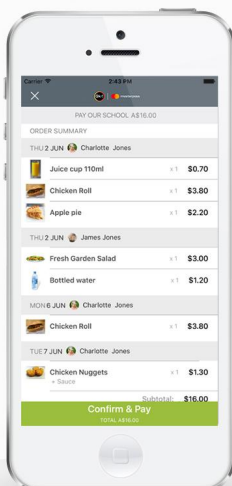
Tap to change the child you are ordering for

Tap 'Checkout' then confirm and pay



Making payments

Add up to 5 cards to your wallet





At checkout select which card to pay with.

Pay with any cards accepted by the school.

Once your payment is approved you can continue to the home page, or view your receipt.

Qkr frequently asked questions

 masterpass

TIP OF THE WEEK

Q. How can I be sure my child's food order has been received by the school?

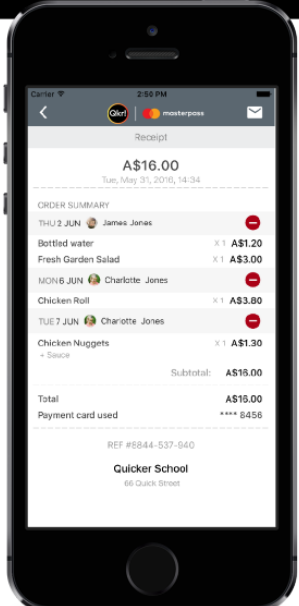
A. Qkr! is the safe, secure, reliable way to pay for school food orders. Your eReceipt is confirmation that the order has been received by the school.



On canteen days the staff print stickers for each Qkr! order containing the child's name, class and order details. Orders are prepared and placed in individual bags labelled with the stickers for ease of identification.

Qkr! orders are much more efficient to prepare than cash orders. Ordering with Qkr!:

1. Speeds up preparation so canteen staff have more time to prepare and serve food;
2. Reduces the time spent on cash handling tasks;
3. Reduces the need for your child to carry cash to school, so no more worrying about lost lunch money.

Check your school's nominated cut-off time for Qkr! Orders. Food orders cannot be placed after the cut-off time, giving the canteen staff sufficient time to prepare the orders.



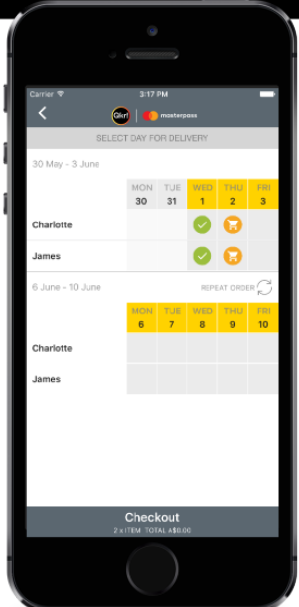
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TIP OF THE WEEK

Q. Can I copy this week's orders to next week?

A. You can save time by copying food orders from the current week to the next week within the calendar view. This is a handy way to save time and quickly re-order your child's favourite lunch orders.

1. Open Qkr! and tap on your canteen menu.
2. Tap 'Repeat Order' for the next week, and tap 'Yes' to confirm you want to copy the orders for the current week to the next week.
3. Once you have copied the current week's orders to your cart for the next week, you can amend the next week's orders by tapping on a date and adding other items, or by tapping 'Checkout' and selecting items to amend or delete. This allows you the flexibility to amend your copied orders for a specific day or for a specific child.





TIP OF THE WEEK

Q. How do I cancel food orders that have already been paid for?

A. To cancel a food order from your itemized eReceipt:

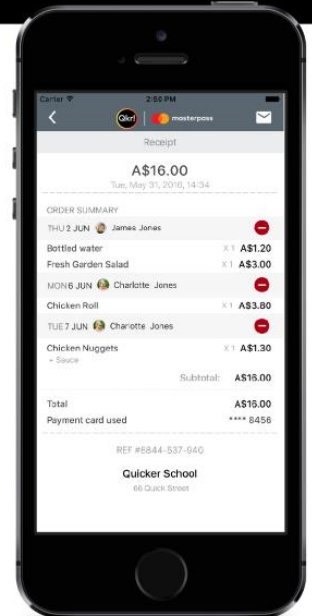
1. Open Qkr! and tap Activity.
 2. Scroll down to 'Order History' and sign in with your password.
 3. Tap the red circle with a minus symbol on the order to be cancelled. Select the entire order or individual items to cancel and tap 'OK'.
 4. If your eReceipt contains food orders for more than one child, you will need to cancel one by one.
- OR

To cancel a food order from the calendar view:

1. Open Qkr! and select the relevant menu.
2. Tap on the tick icon on the date for which you want to cancel the order.
3. Tap the red circle with a minus symbol on the order to be cancelled. Select the entire order or individual items to cancel and tap 'OK'.

Cancelled items are shown in red on your eReceipt confirming they have been cancelled and a credit is available for future food orders. The value of any credits will be automatically deducted from your next Qkr! food order.

Please contact your school office to cancel any other (non-food) school payments according to school policy.

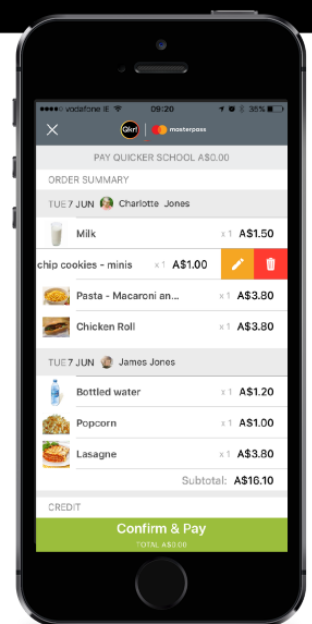


TIP OF THE WEEK

Q. How can I remove unwanted items from my shopping cart?

A. It is easy to remove or amend items in your shopping cart prior to paying for them.

1. Open Qkr! and tap 'Activity'.
2. Under 'Active Carts' tap on your school.
3. Tap on the order or item you want to remove or update.
4. Tap the garbage bin icon to remove the item from your cart; or
Tap the pencil icon to update or amend the item in your cart.





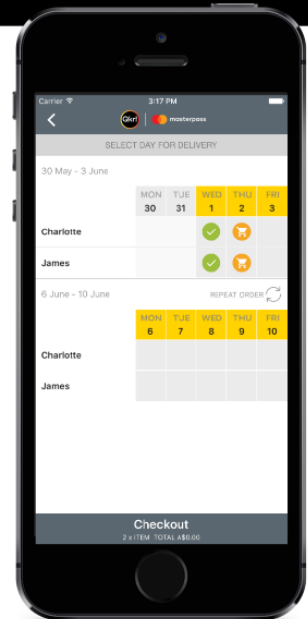
TIP OF THE WEEK

Q. How do I use the calendar display when placing food orders?

A. For ease of use, you are presented with a two week calendar view when placing food orders. The calendar makes it easy for you to place orders for a particular child on a particular day.

To place a food order:

1. Open Qkr! and tap on your canteen menu.
2. On the calendar view tap the date next to your child for which you want to place the order. If you have registered more than one child, the calendar view enables you to place individual orders for each child for different dates. If a date is greyed out you cannot place orders for that date, either because the canteen is not open, or because it is past the cut-off time for that day's orders. Check with your school to confirm the cut-off time.
3. Browse the menu, select items, and add them to your cart.
4. If you are ordering for more than one child you can switch between children by tapping your child's name at the top of the screen.
5. When you are ready to pay, tap 'Checkout' at the bottom of the screen and complete the payment steps.



TIP OF THE WEEK

Q. How can I keep track of my Qkr! payments?

A. Itemized Qkr! eReceipts provide a record of purchase and are a convenient way to keep track of your Qkr! payments.

To view your eReceipts:

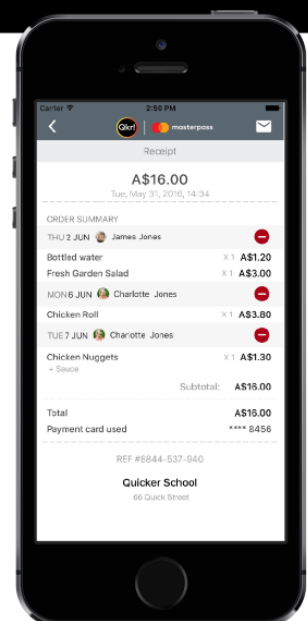
1. Open Qkr! and tap 'Activity'.
2. Scroll down to 'Order History' and tap 'Receipt' to view eReceipts.

Never lose a receipt: email receipts to your account:

1. Select the eReceipt you wish to email to yourself.
2. Tap on the mail icon at the top right of your screen.
3. Tap 'Send' to email the eReceipt to your email address, or enter another email address, and tap 'Send'.

Use an eReceipt to cancel a food order you have paid for:

1. Select the eReceipt for the order you wish to cancel.
2. Tap the red circle with a minus symbol on the order to be cancelled. Select the entire order or individual items to cancel and tap 'OK'.
3. Cancelled items are shown in red on your eReceipt confirming they have been cancelled and a credit is available for future food orders. The value of any credits will be automatically deducted from your next Qkr! food order.





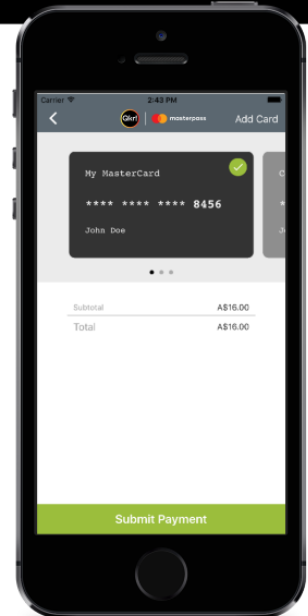
TIP OF THE WEEK

Q. Can I add multiple payment cards?

A. Qkr! will accept payment using any scheme credit/debit card accepted by the school, and you can add up to five different cards to your Qkr! account.

On checking out you can select from any of your registered cards.

Qkr! is provided by Mastercard so you know your payments are secure. No information will be stored on your phone. Registration details and card information are saved securely on the Mastercard network.



TIP OF THE WEEK

Q. Should I log out from the Qkr! app for security?

A. Qkr! is provided by Mastercard and is the safe, secure, reliable way to pay for school items. Registration details and card information are not stored on your phone but are saved securely on the Mastercard network.

As a security feature Qkr! automatically logs you out after 10 minutes of inactivity. You will still be able to browse the menus and add items to your cart, but you will be prompted to enter your password to submit payments.

If you wish to actively sign out after each session, you may do so, however, you won't be able to browse the menus again without logging in. An alternative is to change your settings so that you are prompted to enter your password at the 'Submit Payment' step even if you are within the same 10 minute logged in session. This saves you logging out after each session and logging in the next time.

To turn on the 'Always prompt for password on checkout' option: Open Qkr!, tap 'Settings' and ensure the 'Always prompt for password on checkout' setting is on (green).



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

GF Indicates Gluten Free Products

V

Indicates Vegetarian

VE

Indicates Vegan

DF

Indicates Dairy Free

NF

Indicates Nut Free

ASIAN MEALS
MONDAYS ONLY

Please give an alternative on lunch order bag

 Fried rice with chicken **GF NF DF** 5.50

 Vegetarian hokkien noodles **VE NF DF** 5.50

COLD ROLLS

2 of the same flavour and dipping sauce 5.00

3 of the same flavour and dipping sauce 6.00

BBQ Pork / Teriyaki Chicken / Thai Chicken /

Vegetarian

GRILLED CIABATTA
TUESDAYS ONLY

Please give an alternative on lunch order bag

Chilli chicken strips, tomato, baby spinach, onion, cheese, sweet chilli mayo 5.50

Chicken schnitzel strip, tomato, baby spinach, onion, cheese, mayo 5.50

 Chargrilled peppers, sundried tomatoes, black olives, baby spinach, cheese, mayo **V** 5.50

SUSHI **GF NF DF**
WEDNESDAYS ONLY

Smoked Salmon/Teriyaki Chicken/Cooked Tuna/California Rolls 2.50

 Vegetarian **V** /Pumpkin and Avocado **V** 2.50

Soy sauce

 Butter Chicken with Rice **GF DF** contains almond meal 5.50

 Malaysian Chicken with Rice **GF DF** 5.50

 Dahl **VE GF NF** 5.50

½ VIETNAMESE ROLL
THURSDAYS ONLY

Please give an alternative on lunch order bag

 Thai Chicken/Butter Chicken **contains almond meal** 3.00

 Roast Pork/Tofu **VE**

Chicken "cold roll" Salad (noodle salad) 5.50

Beef "cold roll" Salad (noodle salad) 5.50

BAGUETTES (White or Wholemeal)

Chilli chicken strip, carrot, lettuce, mayo 4.00

Chicken schnitzel strip, carrot, lettuce, mayo 4.00

Chicken*, carrot, lettuce, mayo 4.00

Cheese, carrot, lettuce, cucumber, mayo 4.00

 Chicken and salad **ORDERS ONLY** 4.50

 Falafel and salad and hummus **V ORDERS ONLY** 4.50

Salad = lettuce, cucumber, tomato, grated carrot, mayo
SANDWICHES (Wholemeal Only) **ORDERS ONLY**

Add 50c for gluten free

GF bread is available. MARK clearly on lunch order

Buttered 1.20

Vegemite 1.60

 Light cheese* **GF** 4.00

 Salad: Lettuce, cucumber, tomato, grated carrot, mayo **GF** 4.00

 Meat: Chicken* **GF** or ham **GF** 4.00

 Light cheese and salad* **GF** 4.50

 Meat: Chicken* or ham and salad **GF** 4.50

Salad = lettuce, cucumber, tomato, grated carrot, mayo **GF**
WRAPS **ORDERS ONLY**

Chicken* and salad 5.00

Chilli chicken strips and salad 5.00

Chicken schnitzel strips and salad 5.00

 Falafel, hummus and salad **V** 5.00

Salad = lettuce, cucumber, tomato, grated carrot, mayo
SALADS **ORDERS ONLY**

 Light Cheese and salad* **GF** 5.50

 Meat: Chicken* or Ham and salad **GF** 5.50

 Falafel, hummus & salad **V** 5.50

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

Add Chargrilled peppers or sundried tomatoes or black olives .50 each

HOT FOOD

Garlic Bread (9 inch) 2.00

 Pizza: Ham & Pineapple/Cheese & Bacon **ORDERS ONLY** 2.50

Light Pie 4.00

Light Potato Pie 4.00

Light Sausage Roll 4.00

Spinach and Cheese Roll 4.00

 Vegan Summer Roasted Vegetable Pasty **ORDERS ONLY** 4.50

GF Sausage Roll **ORDERS ONLY** 4.50

GF Beef Pie **ORDERS ONLY** 4.50

Tomato Sauce* .20

SNACKS

 Apricot and coconut balls **GF** .50

Grainwaves 1.00

 Chips: plain*, honey, soy, BBQ veg chips **GF** 1.00

Fruit in season* 1.20

Banana bread* 2.00

GF Banana bread 2.00

ICE BLOCKS **OVER THE COUNTER ONLY**

Fruit Tubes .50

Moo – strawberry/chocolate* 1.00

Lifesaver icy pole* 1.00

Lemonade icy pole* 1.00

Frosty Fruit* 1.00

 Twisted frozen yogurt – watermelon & mango **GF** 2.00

DRINKS

500ml NU Water 1.50

600ml NU Light sparkling water 2.00

250ml Golden Circle (Apple, Apple Blackcurrant, Orange)* 1.50

250ml Oak Strawberry*/Chocolate* 2.00

350ml Golden Circle (Apple/Orange/Apple Blackcurrant)* 2.20

EXTRAS

Spoon/Fork .10

Mayo* .10

Tomato sauce* .20

Light cheese slice* .50

Salad item* (lettuce or cucumber or tomato or grated carrot) .50

Canteen Procedures and Rules

Canteen procedure for Qkr app ordering

- Download the free Qkr app
- Set up student profile/s
- Cut off for ordering is **9:00am** on the day
- Pre order up to 2 weeks in advance
- Pre orders can be **cancelled using the app before cut off on the day, 9:00am**
- Junior school lunch orders will be sent to class in the class lunch box
- Middle and senior school lunch orders can be collected from the canteen at lunch time
- Late lunch orders can be placed at the canteen using cash or EFTPOS (\$5.00 minimum) before 10:00am
- Use the support contact details on the app if you are experiencing problems

Canteen procedure for cash ordering

Junior school

- Clearly write out a lunch order bag, must have students name and teacher's name
- Place cash, coins or small notes (\$5.00 or 10.00) in the bag and fold it over at the top a few times to stop the money from falling out
- Place the lunch order bag in the green bag in the class lunch order box
- Class lunch box is sent to the canteen
- Class lunch box will be collected at 12:00
- Late lunch orders can be placed at the canteen using cash, coins or small notes (\$5.00 or 10.00) before 10:00am

Middle and Senior school

- Clearly write out a lunch order bag, must have students name and teacher's name
- Place cash, coins or small notes (\$5.00 or 10.00) in the bag and fold it over at the top a few times to stop the money from falling out
- Place in the blue lunch order box outside the front office before **9:30am**
- Lunch orders can be collected for the canteen at lunch time 12:50am
- Late lunch orders can be placed at the canteen using cash, coins or small notes (\$5.00 or 10.00) before 10:00am

Canteen procedure for EFTPOS ordering

Middle and Senior school

- **EFTPOS payments must be made using a bank card (no phone or watch payments are allowed)**
- Pay using EFTPOS, there is a **\$5.00 minimum**
- Place order at the canteen before school from **8:30am to the start of school 8:40am**
- Clearly write out a lunch order bag, must have students name and teacher's name

Teachers

- Please order lunches before **9.30am** and place in the blue Canteen box outside Reception or place order at the canteen before school from **8:30am to the start of school 8:40am using EFTPOS (\$5.00 minimum)**

NOTE:

- There will be no orders taken at recess time unless a student is late to school.
- Please do not order ice blocks. They can be purchased direct at lunchtime.
- Should orders miss the deadline, not all items are available, e.g. hot dogs, burgers, wraps, sandwiches
- There are some foods that can only be purchased if ordered, e.g. sandwiches, rolls, wraps, burger

Emergency Lunches

Junior Students

The Canteen **does not provide** credit. Junior students forgetting their lunch or money should report this to their teacher as soon as possible. They should go to Student Services or Reception by 9.30am, where arrangements will be made with the Canteen to supply an emergency lunch (a piece of fruit for recess \$1.20 and baguette for lunch \$3.50). Payment will be required the following day.

Secondary Students

Report directly to the Canteen Manager. Canteen to supply an emergency lunch (a piece of fruit for recess \$1.20 and baguette for lunch \$3.50). Payment will be required the following day.

Lunch Bags

Please ensure a supply of lunch bags is kept at home. Lunch bags can be collected from the Canteen or at Student Services.

* Indicates items free of the below additives

AVOID THESE ADDITIVES

COLOURS	102, 104, 110, 122, 123, 124, 127, 129, 132, 133, 142, 143, 151, 155 natural colour 160b (annatto)
PRESERVATIVES	<p>Sorbates: 200, 201, 202, 203</p> <p>Benzoates: 210, 211, 212, 213</p> <p>Sulphites: 220, 221, 222, 223, 224, 225, 226, 227, 228</p> <p>Nitrates, nitrites: 249, 250, 251, 252,</p> <p>Propionates: 280, 281, 282, 283</p>
SYNTHETIC ANTIOXIDANTS	<p>Gallates: 310, 311, 312</p> <p>TBHQ, BHA, BHT: 319, 320, 321</p>
FLAVOUR ENHANCERS	<p>Glutamates incl MSG: 620, 621, 622, 623, 624, 625</p> <p>Ribonucleotides: 627, 631, 635</p> <p>Hydrolysed Vegetable Protein (TVP)</p>
ARTIFICIAL FLAVOURS	No numbers since they are trade secrets