



IMPORTANT DATES

SOUTH PLYMPTON

JULY

AUGUST

From the Principal

Dear Families and Friends

I welcome you back to a very different Term 3 than any of us would have imagined when we departed for school holidays at the end of last term. A bit like the 2020 Olympics is taking place delayed in 2021, so too the Week 1 Emmaus newsletter is being distributed in Week 2 (probably not quite the same magnitude of delay in the big scheme of things!) Just like the Olympics however next week (Week 3) we will revert back to our routine of 'odd-week' Newsletters (order will be restored to the Emmaus universe at least!)

While navigating lockdowns, border closures, and of course mask wearing we live in the knowledge that God is not only in control and ultimately victorious; but the same yesterday, today, and tomorrow...

With circumstances changing so frequently and rapidly I have realised it is simply best for me to refer you directly to the SA Health Website for information in relation to the most up to date COVID information and restrictions. I will however take this opportunity to reinforce three key elements in relation to school returning today:

- Please do not send your child to school (or enter the grounds with even the mildest cold like symptoms. If a child at school displays such symptoms you will be contacted to collect them immediately. Towards the end of last term many staff noticed this aspect was starting to become a problem. Please understand this position is for the 'greater-good' (preserving valuable face to face teaching for the entire Emmaus community).
- F-12 parents are to drop off College students at the school 'gate' and not enter the school site.
- Wearing of masks as outlined in my letter yesterday is now a requirement under certain circumstances.

On a positive note, prior to the 'lock-down' order being issued last week the first two days of Term 3 the entire Emmaus staff undertook an intensive professional development to ensure staff remain focused and prepared to deliver the very highest standard of distinctly Christian education for our children. The time commenced with all staff engaging in the personal spiritual development program 'Flourish' which I shared more details about this time last term. This was a very powerful time for all led by our College Chaplain Adam Wood. It is such a blessing all staff across both campuses and ELC coming together to study God's word and to discern God's leading on our own personal lives, and collectively as a 'body-of-Christ' here at Emmaus. The time also saw the staff engage in a range of other professional development sessions including outstanding content provided by CSA (Christian Schools Australia), and time spent in staff teams planning our own delivery of Christian curriculum to our students.

BROOKLYN PARK

JULY

AUGUST

Finally I would like to say a special thank you to the staff and students who have been undertaking final preparations during the holidays for our 2021 Musical 'Shrek'. Although I know it is a large team effort I would like to specifically thank Jess Routley for her leadership of this program though challenging circumstances. In Jess' words...

"Putting on a Broadway show in 2021 has been a rollercoaster of experiences...ones which have bound our community together and has required us to demonstrate grit, flexibility and have a great sense of humour.

Beginning in 2020, the search for a musical that would incorporate all the giftings of our school community was undertaken. The promise of a return to live theatre was exciting and anticipation was high. Shrek the Musical was found, and a wonderful sense of excitement built amongst the school community. Musical Auditions in 2020 saw over 130 students audition for both onstage, off-stage and band roles.

The successful students have worked hard to create a beautiful show full of fun, grit and humour. Students have had influence in all areas including costuming, props, animation, set design, choreography, and orchestral decisions. This is their musical and has required everyone to take responsibility for their contribution and be accountable for their decision making to the rest of the community. This is the most important part of the process, and where we witness members of our school community grow and mature into responsible community members. These are skills which they will take with them throughout adulthood. We enjoy feedback from old scholars, explaining how the confidence and leadership skills they gained through their musical experiences have helped them run boardrooms and negotiate contracts.

Amid changing Covid restrictions over the past few weeks, students have rehearsed a show of tremendous quality and rigor, all of which they can be very proud of, knowing it was their hard work."

Unfortunately at the time of writing, due to the uncertainty the current COVID situation has presented, we have needed to 'pause' further musical rehearsals and performances at this time. We will communicate further information in relation to this as it becomes available.

Weekly Coffee Connect
Brooklyn Park
Cancelled until further notice

Andrew Linke
Principal

Musical Rehearsal Photographs



Junior School

The Importance of a Healthy Lunch

Welcome back to Term 3! As we begin a new term, we are given the perfect opportunity to review our school lunch boxes and ensure that the food we prepare is nutritious, healthy and filled with food to fuel our children's bodies. Research has shown that eating a healthy school lunch can positively affect children's behaviour in the classroom. By providing nutritious snacks and lunches, our children are able to concentrate and learn, to grow and stay healthy. Healthy lunches provide essential vitamins, minerals, nutrients and energy that can all be used to help them grow, learn and be active. Healthy students are also better able to pay attention in class and do their best school work.

In order to prepare for healthy school lunches, consider including these items for your child to enjoy:

- Fresh fruit
- Fresh, crunchy vegetables
- Milk, yoghurt or cheese (for children who cannot tolerate milk products, offer appropriate alternatives)
- A meat or meat alternative food like lean meat (e.g. chicken strips) or hard-boiled eggs
- A grain or cereal food like bread, a roll, flat bread or crackers (wholegrain or wholemeal choices are best)
- A drink bottle to fill with water to drink throughout the day

Please be cautious of the amount of sugary and processed foods that are contained in your child's lunch box. Processed, less-healthy snack foods such as chips, sugary drinks, treats and cake are okay to eat once in a while but should not be offered every day. These foods usually have a lot of extra unnecessary fat, calories, salt and/or sugar. They also impede their ability to focus and work during lessons.

Thank you very much for your support!

We are looking forward to making our school the healthiest that it can be, so our students can do their best work this term.



Morgan Venter
Acting F-2 Wellbeing and Administration Leader

Middle School

Australian Geography Competition

Earlier this year a group of Middle School students entered the Australian Geography Competition. This involved competing against other Geography students from across the country to answer multiple choice questions, which tested their geographical knowledge and skills. The students performed very well and some finished in the top 11% for their year level in Australia. Well done everyone who participated!



Chris Bright
Middle School Teacher

Year 8 - Saving the World One Pencil Case At a Time!

We know it is important to conserve resources as part of looking after the earth. In their Home Ec Textiles Unit, Year 8s make a pencil case. Being made of natural denim not synthetic or plastic it is biodegradable. The individual applique design is created from fabric offcuts saved from other projects. And many senior students, including year 12s, are still using the pencil case they made in year 8 so they are durable and long lived. Plus they look great!



Liz March
Middle School Teacher

Uniform Shop

2021 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

If you need any uniform, please do not hesitate to [email](mailto:enquiries@emmauscc.sa.edu.au) or phone on 08 8292 3810. You can also order and purchase items via Qkr.

Christine Blom-Cursaro
Uniform Shop Manager

Senior School

Career News

We are approaching the time of year when students are looking to the future as they make decisions on which subjects to study next year. Our Year 12s are starting to look at University Courses or job options for 2022 as they only have a short time left at school.

It has been a long time now since the days you could choose a job straight out of school and expect to retire in that same occupation at 65. A modern understanding of a career is much wider than just a job or occupation. As Christians we know the importance of volunteer work and family and life roles that are just as important as paid employment. Here is what the government website [Myfuture](#) says about careers.

“A career is the variety of experiences that you have undertaken throughout your life. As you gain more experience in the worlds of work and life, you are building your career. Your career path takes account of your education, training and paid or unpaid work. It also includes your family and life roles, activities, volunteer work, community involvement and more.”

[What is a Career?](#)

By this definition students are already in their career!

To help Senior Students in Years 10, 11 and 12 make considered decisions, we discuss future pathways in Christianity, Careers and Personal Planning (CCAPP) throughout the year and in Home Group and Assembly time in Term 3.

All students in Years 9, 10 and 11, who will be our Senior School students in 2022, are welcome to link into our virtual Subject Information and Career Expo evening on Tuesday 3 August. Look out for the email for further information including links to our subject specialists.

Belinda Willcocks
Pathway Coordinator

Year 12 Retreat

We finally managed to have a camp for these students that beat the odds against COVID 19. Hooray!

Our Year 12 students enjoyed a wonderful retreat at Adare Campsite, Victor Harbor, during the last two days of Term 2 – the weather worked out for them and the ‘plague’ was held at bay with no lock downs or cancellations.

The aim of this camp is some well-earned rest and relaxation for our Year 12 students as they plough their way through the demands of the year.

During the two days, students stayed in their CCAPP groups and worked through a rotation of four activities. These were bike riding along the foreshore, kayaking in the backwaters, obstacle course and the flying kiwi, as well as challenge problems.

Part of the camp is set aside for reflection and devotions, it is designed to remind the students of their unique value in the eyes of God. On the final afternoon, students all received a letter from parents and care givers who could speak into their lives at this turning point in their school careers. I hope that this will be a wonderful reminder of what they can achieve as they live out God’s will in their lives. Thank you to all of the parents who put the effort into the letter writing and making it special for our students. It was a moving way to finish the camp and the term, especially knowing that there are people who care so much in their lives.

A great time was had by all and Year 12s will now ‘knuckle down’ for what will be not much more than a term of lessons and then their final assignments and exams.



College News

West Java in South Plympton

On 10 June, Emmaus Christian College welcomed Pak Simon and Ibu Widya to our community. Simon and Widya work in an extremely sensitive ministry in Indonesia amongst the Sundanese people - the largest unreached people group in the world – some 38 million people. Students in Years 7, 9 and 10 had a rich experience of cultural and language learning. They also heard the challenging story of Christian faith in an area of West Java where, to proclaim the gospel requires discretion and courage since persecution is frequent.

After 12 months of theological study in Sydney (beginning in July), Simon and Widya plan to return to West Java to continue their gospel work. We thank them for assisting our students to become global Christians.



Dan Fennell
Indonesian Teacher

First Aid

Communication regarding First Aid Attendance

From time to time students may become unwell or sustain an injury whilst at school. It is important that parents/caregivers advise the College of any change of phone number or email address so that we can contact you.

When students attend the First Aid Room with minor injuries or illness, the First Aid Officers inform parents via an email providing brief details regarding the nature of the problem, the treatment provided, the time that the student booked in to the First Aid Room and the time they returned to class. The email is sent as part of standard procedure and does not require a parent response.

In the case of more serious injuries or illness the First Aid Officers will phone parents directly, or emergency contacts if parents are unavailable. In an emergency, staff will administer emergency First Aid and phone for an ambulance and call family/emergency contacts as required.

If your child comes to school with a pre-existing injury or any other issue which we should know about, please inform the First Aid Officers so that we can be aware. We would like to advise, however, that First Aid assistance is generally for First Aid only, not for ongoing treatment. Where deemed necessary, First Aid Officers can offer some ongoing support to students at school, however please contact us or the Head of School first to discuss.

If you need to talk about any matters with one of the First Aid Officers, please do not hesitate to call.

Asthma Australia – Breathe Better In Cold Weather

To help those with asthma breathe better in cold weather, Asthma Australia have put together some important steps that you can take to help improve asthma symptoms and avoid preventable flare-ups this winter. [Click here for the steps to breathe better](#)

If you have not already checked it out, [Asthma Australia](#) have a winter hub on their website that talks through common winter triggers, and provides you with access to more information.

Thank you

Ros Argent and Maria McIver
First Aid Officers

Launch News

Rostrum Voice of Youth State Final at Parliament House on 26 June

Only four Senior students from South Australian High Schools qualified for the Rostrum Voice of Youth Senior Public Speaking State Final.

We are thrilled that Jamie in Year 10 was selected from the fierce Semi-final round to compete. He was competing against three other Year 12 students. Jamie has been working diligently on preparing and memorizing his 8-minute prepared Grand final speech over the last month. The second part of the competition was creating a 3-minute speech with only 15 minutes preparation time.

Congratulations to Jamie for confidently delivering his empowering prepared speech on "A Big Call to Make" in front of a panel of five adjudicators including several members of Parliament in the House of Assembly. For his impromptu speech, Jamie spoke on "mistakes" citing how world leaders have twice, tried to overtake Russia during winter without learning from previous mistakes in history. In her closing address, the Honourable Rachel Sanderson MP, commented specifically on Jamie's prepared speech saying it was thought provoking for everyone to act and make a difference in society.

We are very proud of Jamie's achievements.



Debating SA Competition: Round 3 - Crazy Hair Round!

We are very proud of the progress made by our students thus far in the Debating SA season. Each student has grown in confidence in developing and delivering their robust arguments. Students have become more proficient in researching strong, relevant evidence to justify their points.

Well done to our Year 10 team who defeated Adelaide High, arguing for the negative "That Big Tech looks more like Big Brother."

Congratulations to Tegan in Year 6 and to Rachel in Year 10 for winning the Debater of the Night in their heats. (Tegan for the second time this season!)



South Australia's First Satellite Naming Competition

All South Australian Schools were invited to submit a name for South Australia's first satellite.

A competition was held in the Junior School to create a name that reflected South Australia's diverse culture, strong values, and rich heritage.

We are pleased to announce that Tegan and Savannah's (Year 6) name "Goora" is the submission for our school.

The students wrote a 200-word justification for the name.

Goora is the Pitjantjatjara word for Piping Shrike. The name represents our State's cultural-linguistic diversity. The satellite has similar characteristics to a Piping Shrike (gathering information from a bird's eye view), the colours of the bird represent different cultures coming together as one and Goora is our emblematic bird on our SA flag.

We wish them all the best with their entry. The winning name will be announced in mid-September.

Susanne Milne
Launch Coordinator F-10
Curriculum and Learning Leader 3-6

Canteen Roster

If you have time and would like to volunteer in the canteen, please come in and see me or you can [email](#) me.
 If you have any questions regarding the Canteen menu please do not hesitate to [email](#) or telephone 8292 3860.

Week 2 T3

Mon 26

Tue 27

Wed 28

Thu 29

Fri 30

Terri Van Wezel

Week 3 T3

Mon 2 August

Tue 3

Wed 4

Thu 5

Fri 6

Week 4 T3

Mon 9

Tue 10

Wed 11

Thu 12

Fri 13

Blake Watson

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

* 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

Please give an alternative on lunch order bag

Fried rice with chicken **GF NF DF**

Vegetarian hokkien noodles **VE NF DF**

Lamb Rogan Josh with rice **GF NF DF**

Beef Masaman with rice **GF NF DF**

5.00

5.00

5.00

5.00

GRILLED CIABATTA

TUESDAYS

Please give an alternative on lunch order bag

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

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

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

5.00

5.00

5.00

SUSHI **GF NF DF**

WEDNESDAYS

Smoked Salmon/Teriyaki Chicken/Cooked Tuna/California Rolls

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

Soy sauce

2.50

2.50

WEDNESDAYS

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

Malaysian Chicken with Rice **GF DF**

Dahl **VE GF NF**

5.00

5.00

5.00

½ VIETNAMESE ROLL

THURSDAYS

Please give an alternative on lunch order bag

Thai Chicken/Butter Chicken contains almond meal

Roast Pork/Tofu **VE**

2.50

2.50

BAGUETTES (White or Wholemeal)

Chilli chicken strip, carrot, lettuce, mayo

Chicken schnitzel strip, carrot, lettuce, mayo

Chicken*, carrot, lettuce, mayo

Meatballs, tomato sauce, lettuce, grated cheese **ORDERS ONLY**

Chicken and salad **ORDERS ONLY**

Falafel, carrot, lettuce, tzatziki **V**

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

3.50

3.50

3.50

3.50

4.00

4.00

SANDWICHES (Wholemeal Only) **ORDERS ONLY**

Add 50c for gluten free Add 50c for toasting

GF bread is available. MARK clearly on lunch order

Buttered

Vegemite

Light cheese* **GF**

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

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

Light cheese and salad* **GF**

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

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

1.20

1.60

3.70

3.70

3.70

4.20

4.20

WRAPS **ORDERS ONLY**

Chicken* and salad

Chilli chicken strips and salad

Chicken schnitzel strips and salad

Falafel, tzatziki and salad **V**

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

4.20

4.20

4.20

4.20

HOT FOOD

Garlic Bread (9 inch)

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

Potato Wedges (about 150g)

Hot Dog **NO** sauce **ORDERS ONLY**

Hot Dog **WITH** sauce

Light Pie

Light Potato Pie

Light Sausage Roll

Spinach and Cheese Roll

Vegan Summer Roasted Vegetable Pasty **ORDERS ONLY**

GF Sausage Roll **ORDERS ONLY**

Tomato Sauce*

Sweet Chilli Sauce

2.00

2.50

2.00

3.50

3.70

3.70

3.70

3.70

3.70

4.50

4.50

.20

.20

BURGERS **ORDERS ONLY**

Vegetarian: Vegetarian patty, carrot, tomato, cucumber, lettuce, mayo **VE**

Beef: Beef patty, lettuce, mayo, tomato sauce*

Chicken: Crumbed chicken patty, lettuce, mayo*

GF Chicken Tender burger, lettuce, mayo and **GF** roll

GF Beef burger, lettuce, mayo and **GF** roll

Mark **GF** clearly on lunch order

4.20

4.20

4.20

4.50

4.50

SNACKS

Apricot and coconut balls **GF**

Grainwaves

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

Fruit in season*

Light choc muffin

Banana bread*

.50

1.00

1.00

1.20

1.70

2.00

ICE BLOCKS **OVER THE COUNTER ONLY**

Fruit Tubes

Moo – strawberry/chocolate*

Lifesaver icy pole*

Lemonade icy pole*

Frosty Fruit*

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

.50

1.00

1.00

1.00

1.00

2.00

DRINKS

500ml NU Water

600ml NU Light sparkling water

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

250ml Up & Go (Chocolate*/Strawberry*/Vanilla*/Banana*)

250ml Oak Strawberry*/Chocolate*

450ml Golden Circle (Apple/Orange/Apple Blackcurrant)*

1.50

1.50

1.50

2.00

2.00

2.20

EXTRAS

Spoon/Fork

Mayo*

Tomato sauce*

Sweet chilli sauce

Light cheese slice*

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

.10

.10

.20

.20

.20

.50

Canteen Procedures and Rules – 2021

ALL STUDENTS please print your name, class and year level CLEARLY on your lunch order bag so we can read it easily.

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 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 before 10:00am

Middle and Senior school

- Clearly write out a lunch order bag, must have students name and teacher's name
- Place cash 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 before 10:00am

Canteen procedure for EFTPOS ordering

Middle and Senior school

- 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
- Pay using EFTPOS, there is a **\$5.00 minimum**

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



Emmaus
Christian College

Careers and Subject Expo

Online Event

Explore Your Pathway

What subjects can I
choose next year?

What career pathway is
best for me?

Where are the jobs of the
future?



Speak with teachers about their specific subject areas as they share their knowledge to help you make informed subject choices and pathway decisions. Gain an understanding of SACE requirements, ATAR and University Entrance.

Tuesday 3 August 2021, 5.00 pm to 8.00 pm