

Emmaus Catholic Primary School

Newsletter

~Authoring Our Own Future~



EMMAUS
CATHOLIC PRIMARY SCHOOL

Term 1, Week 5
26th February 2019

WORLD DAY OF PRAYER



Next Saturday is the World Day of Prayer. The Scripture passage for this day is Mark 10: 1-12 'Let the Little Children Come'. Have a go at this prayer opportunity at home as a family.

Visio divina invites the viewer into "divine seeing." Visio divina shares roots with the ancient practice of lectio divina. (Lectio divina calls for a slow, careful interaction with scripture through meditation and prayer, allowing a word or phrase to rise in one's consciousness, a holy word to be savoured and examined.) Similarly, visio divina invites one to encounter the divine through images. A prayerful consideration of and interaction with a photograph in the magazine, icon, piece of art, or other visual representation allows the viewer to experience the divine in a unique and powerful way.

Visio divina can be practiced individually or with a group in a small group or worship setting by using a piece of art as a focal point for prayer. Scripture can also be paired with the image in order for the viewer to reflect on the scripture through the art.

Try Visio Divina

1. Pick out an image from a website, a photograph, painting, icon or the above picture.
2. Look at the image and let your eyes stay with the very first thing that you see. Keep your attention on that one part of the image that first catches your eye. Try to keep your eyes from wandering to other parts of the picture. Breathe deeply and let yourself gaze at that part of the image for a minute or so.
3. Now, let your eyes gaze at the whole image. Take your time and look at every part of the photograph. See it all. Reflect on the image for a minute or so.
4. Consider the following questions:
 - What emotions does this image evoke in you?
 - What does the image stir up in you, bring forth in you?
 - Does this image lead you into an attitude of prayer? If so, let these prayers take form in you. Write them down if you desire.
5. Now, offer your prayers to God in a final time of silence.

A Message from our Principal

Dear Parents, Carers, Staff, Students and Friends,

On a glorious evening last Thursday I enjoyed the opportunity to catch up with many parents and friends at the Welcome Picnic. This occasion was a great way to compliment the Eucharistic celebration shared earlier in the day to mark the start of the school year.

I spent some time with a group of students last week who shared the presentations they had prepared for their Learning Conferences. The awareness of themselves as learners and the goals they had set for themselves were a wonderful indicator of the way students are empowered to be independent and responsible learners at Emmaus. It is also the result of the amazing work staff undertake in meeting not only the academic needs of students but their personal and interpersonal growth in all facets of the learning process.

Thanks for a great week

Jo-Anne

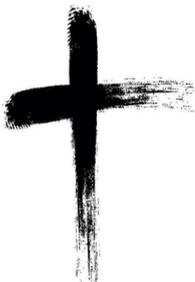
RE News

Emmaus Opening Mass

Thank you to the children of Emmaus who prepared and celebrated our special opening mass last Thursday. Thank you also to Fr. Peter Sherman, staff and parents for coming along to celebrate the beginning of another school year of hope, faith and love.



Invitation



Parents are welcome to attend Ash Wednesday mass at St. Alipius Church on Wednesday, 6th March at 12 noon. Year 5 students will attend the mass. Years 1-4 students will mark Ash Wednesday in a liturgy at school at 2.30pm.

Counsellor's Corner

Hello Emmaus Community!

This week I was reading a great blog about growth mindset. James Anderson talks about it beautifully.

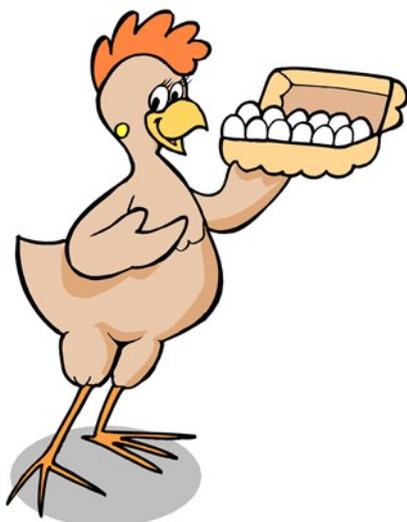
"One of the biggest social media myths about Mindsets is that there are only two: the Fixed Mindset and the Growth Mindset. This is simply not true. The reality is that our Mindset lies somewhere along the Mindset Continuum. This confusion has led to many misapplications of psychologist Carol Dweck's work. While Dweck herself typically talks about Mindsets as being either Fixed or Growth, this juxtaposition is simply to help contrast the difference between the two extremes. Throughout her research, she recognises that we fall along a continuum."

This would be a great talking tool to use at home to see where you all fit along the continuum. Please see the leaflet on Mindset Continuum attached to this Newsletter .

Happy exploring!

Misty Duncan

[\(https://mindfulbydesign.com/fixed-vs-growth-two-ends-mindset-continuum/\)](https://mindfulbydesign.com/fixed-vs-growth-two-ends-mindset-continuum/)



Fresh Eggs

Fresh eggs from our wonderful Emmaus chicken's are available from the office for **\$4.00 per dozen**

Notices

Conveyance Allowance

The Conveyance Allowance assists families with the cost of transporting their children to and from school.

To be eligible to receive a conveyance allowance you must:-

- Be aged between five years (by 30 April in the year that the allowance is sought) and 21 years;
- Live more than 4.8 km by the shortest practicable route from the nearest Catholic school attended; or
- Live more than 4.8 km from the nearest bus service.

Further details can be found at

<https://www.education.vic.gov.au/school/teachers/transport/Pages/conveyance.aspx>

If you are eligible, application forms are available from the office. Term 1 applications must be submitted by **Friday, 8th March 2019**.

School Fees

A reminder for families who have chosen to pay by direct debit via their savings or credit card, that the first debit is scheduled for next week as listed below.

PAYMENT METHOD	COMMENCING NUMBER OF DEBITS	
Fortnightly – savings	Thursday, 7th March 2019	20
Monthly – savings or credit card	Monday, 4 th March 2019	10
Termly – savings or credit card	Monday, 4 th March 2019	4
Annual – savings or credit card	Monday, 4 th March 2019	1

If you have any queries, regarding your school fees please do not hesitate to call Doris.

Also, a reminder that applications for fee concessions are to be returned by the Friday , 1st March 2019.

School Photos – Term 2, Week 2

Our school photos will be taken on Thursday, 2nd May 2019. **Children are to wear their full summer uniform, including woollen jumper.** Please note sports uniform is **NOT** to be worn.

2020 Foundation Enrolment

Just a reminder for families with a student to start Foundation in 2020 to please complete the “Enrolment of Siblings – Foundation 2020” CareMonkey by the end of this week.

Notices

Emergency Management Plan

As part of the school's preparation for a range of emergency procedures we conduct drills from time to time to ensure that staff and students are familiar and confident in acting appropriately under pressure. This week we will experience an announced lockdown on Wednesday (staff and students will be aware of the time and the procedure prior to the drill). Please feel free to discuss this activity with your children.

Clean Up Australia Day

As Stewards of Creation we are called to respond to the cry of the Earth. What will you choose to do? How can you help?



Clean Up Australia Day - Sunday 3 March 2019

Change starts with you

Australia has one of the best natural landscapes in the world.

From our pristine beaches, ancient forests and flourishing sealife, we have some of the most unique flora and fauna. But the rubbish we create through mass consumption is choking our streets, beaches, parks, bushland and waterways.

And along the way it's killing one of our best assets : nature.

We are all part of the problem - but YOU can also be part of the solution.

Clean Up Australia Day is held on the first Sunday of March each year.

'Buskers Festival 2019' - Save the date

The Busker's Festival is a celebration of music, dance and drama and this year includes performances split into junior and senior learning teams. Throughout the year students will begin to prepare some wonderful performance items for the evenings.

Foundation, Year 1, Year 2 : Tuesday, 17th September at Emmaus, 6.30 - 8 pm

Year 3, Year 4, Year 5, Year 6 : Thursday, 19th September at Emmaus, 6.30 - 8 pm

Sacraments 2019

It is with great delight that we invite children who have been baptised into the Catholic Church and have celebrated the Sacrament of Reconciliation, to continue their faith journey by preparing for and celebrating the Sacraments of Eucharist and Confirmation. Generally, this will involve many of our current year four students who received the Sacrament of Reconciliation in 2018. Current year three students will prepare to receive the Sacrament of Reconciliation later this year.

Year 4 families - please prioritise the following dates :

Information and Enrolment Session for Eucharist/Confirmation

(Parents and students welcome) :

Wednesday, 13th March, 6:30 pm at Emmaus Primary

Meeting 1 - Parent Workshop

Wednesday, 1st May 6:30 pm at Emmaus Primary

Meeting 2 - Parent/Child workshop

Wednesday, 8th May 6:30 pm at Emmaus Primary

Meeting 3 - Parent/Child workshop

Wednesday, 15th May 6:30 pm at Emmaus Primary

Celebrations of the Eucharist and Confirmation:

Saturday, 1st June - 6:00 pm St Alipius

Sunday, 2nd June - 9:00 am St Alipius

Sunday, 2nd June - 10.30 am Buninyong



For Year 3 families Reconciliation - please prioritise the following dates :

Meeting 1 - Parent Workshop

Wednesday, 18th September 6:30 pm at Emmaus Primary

Meeting 2 - Parents/Child Workshop

Wednesday, 9th October 6:30 pm at Emmaus Primary

Sacrament of Reconciliation

Wednesday, 23rd October 6:30 pm at St. Alipius Church

REMINDER

Sacrament of Eucharist and Confirmation

A reminder for parents of Grade 4 children to reply to the CareMonkey if they wish for their child to prepare to receive the Sacrament of Eucharist and Confirmation this year. An information session will be held at Emmaus on **Wednesday, 13th March at 6.30 pm.**

Social Justice

A summary of reminders of how you can make a difference...

Below are ways that you might like to contribute if and when you are able...

- Participate in Ailish Ryan's **Sunshine Letters Campaign** (Find out more about this campaign by visiting the Social Justice space.)
- Donate to **Eureka Mums** pre loved nursery equipment and children's clothes to size 12. Current requests include double prams, reversible car restraints and size 5 clothes.
- Donate non perishable food items for **The Soup Bus**.
- Remind your children that **'Let's Get Just!'** is an opportunity to discuss all things social justice, occurs in Nyereeka every Wednesday from 2 pm - 2.30 pm

ALL OF THE ABOVE CAN BE LEFT IN THE SOCIAL JUSTICE SPACE IN THE MAIN ENTRANCE

Pope Francis said that "every person ought to have the awareness that purchasing is always a moral – and not simply an economic – act."

ETHICAL PURCHASING OF EASTER CHOCOLATE

Are you buying chocolate for someone, or even to contribute to a fundraising hamper to raise money for Project Compassion during Lent? Please buy only slavery - free chocolate. The International Labor Rights Forum (ILRF) estimates that there are 1.5 million children working in the cocoa sector in West Africa. Many of these children have been enslaved, or forced to work in exploitative conditions. If you buy chocolate featuring one of these three certification symbols you will know that production of the chocolate is ok.



Sports

Emmaus Athletics Day—Tuesday, 12th March

On Tuesday, 12th March students will participate in our annual School Sports day at Llanberris Athletics Reserve in Ballarat East.

Students will depart school at 9:15 am and be back at school by 2:30 pm for normal dismissal. Please ensure your child has their morning tea, lunch, drink bottle and a hat.

We are still seeking parent helpers on the day to assist St Patricks College students when running each event. If you are able to help please respond to the CareMonkey as soon as possible.

Please see below the timetable for the running of the day.

★ Girls at Pit One, Boys at Pit Two

	Prep	Grade 1	Grade 2	Grade 3	Grade 4	Grade 5	Grade 6
9:30	Students start to arrive and move to year level seating where bags will be kept						
10:00	Group Welcome - everyone moves into house colours in the middle Assign teachers to each age group Talk about each area where the events will be Point out toilets and First Aid						
10:15	Watching Grades 3-6 100m Morning Tea & Marshaling			100m	100m	100m	100m
10:40	50m	70m	100m	Watching Prep, Ones and Two's 50-100m Morning Tea			
11:10	Sack Race	Throwing	Obstacles	Shot Put	Discus	Long Jump	200m
11:40	Obstacles	Sack Race	Throwing	Lunch	800m	Discus	Long Jump
12:10	Lunch	Egg & Spoon	Long Jump	200m	Lunch	Shot Put	Discus
12:40	Return to School	Lunch	Sack Race	Long Jump	200m	Lunch	Shot Put
1:10		Long Jump	Lunch	800m	Shot Put	200m	Lunch
1:40		Obstacles	Egg & Spoon	Discus	Long Jump	800m	800m
2:10	Tidy Up						
2:15	Back to School for the end of day JUNIORS TO LEAVE FIRST						

Welcome New Students/Families

First Day of School Photos



The O'Beirne family pictured with our Principal, Jo-Anne Bond. Tara (far right) started in Vornda this year.



The Meyer family. Welcome Frankie (middle) who joined us in Vornda this year.



The Milner family. We welcome Knox to Emmaus.



The Matthews family. We welcome Rosie to Emmaus.

Parents, please note that there are more first day photos to come in following newsletters. If you had a child begin schooling with us this year and you did not have your photo taken by Georgia, please find Georgia before or after school. Alternatively you can email a photo you took to Georgia at gcann@emtclear.catholic.edu.au

Student Achievement

Meg from Nyereeka had some fantastic results as she represented Emmaus at the Victorian Youth Dressage Championships in the Interschool's division at Boneo Park on the Mornington Peninsula in January.

Meg and her horse Isle of Orient competed against schools from across the state and finished the day against a large field of riders with a 3rd and 4th place in the Preliminary division. Well done Meg!



Community Leadership Team

Please note that the next meeting of the CLT is coming up fast on the calendar - scheduled for Tuesday, 12th March. There are also many items for the agenda which will lead to great conversations. There have been a few requests for a discussion regarding the school uniform. Time will be set aside for a discussion regarding the girls white polo top, boys sports shorts and style for girls' uniform shorts and trousers. Further information regarding the agenda will be sent out next week.

CLT Adult Education Arm – SCREEN TIME GUIDELINES

We rely heavily on technology on a daily basis in our society for every day activities. We employ it within our homes, our workplaces, for business and for leisure. It's therefore really important that we are conscious of the effect that screen time can have on the health and development of our young children. We can then put practices in place that reduce their exposure and provide an environment that will optimise their health and development. Then we will be able to better balance our children's use of technology with other important activities like play, conversation, and exploration. The Raising Children Network website has guidelines for screen time for children of all ages to help caregivers make informed choices when it comes to their children's screen use. We, as parents, lead by example. Our children will follow our lead when it comes to screen time. If we can be conscious of our own technology use, and spend regular quality time with our children, their health and development will benefit for years to come. (City of Ballarat)

See the guidelines here via the Raising Children Network:

<https://raisingchildren.net.au/babies/play-learning/media-technology/screen-time#screen-time-guidelines-nav-title>

Please also see the published Literature Review attached to this Newsletter. Emmaus mother, Ellyse Reus has recently been published in the Australian Journal of Child and Family Health Nursing (p.12). Although based on the results of young children (0-5 years) it may still be relevant and interesting to many Emmaus families. The review's results highlight the correlation between screen exposure and the adverse effects of young children's health and development outcomes.



Congratulations

Congratulations to the Rix family who welcomed Lincoln George into the world yesterday. Noah (Vornda) is excited to talk about his new baby brother!



Important dates for Term 1, 2019

Please refer to our website calendar for all school event dates
<http://www.emtclear.catholic.edu.au/calendar>



PARISH.LIFE.

ST ALIPIUS' BALLARAT EAST & SS PETER & PAUL'S—BUNINYONG STEWARDSHIP PROGRAM—WEEK 3—COMMUNITY

Welcome to week three of our Parish Stewardship Program.

This week celebrates the role of our parish as a community of faith – as an authentic community where people are welcomed, known and loved.

It is a place of care, support and outreach – with a clear mission to live the values of the Gospel.

This means that we all have a responsibility to use our gifts and talents for the benefit of others – making our time available to be involved in one of our many groups and ministries. We all have a contribution to make – so have a look at the "Groups & Ministries" list to see what best suits you.

At Masses this weekend we will hear from members of the Parish Leadership team who will talk about the impact our faith and our parish has made in their lives and how important it is for us all to make our contributions to parish life.

Thoughts from our leadership team

Q: Why is it important to be actively involved in Parish Groups and Ministries?

"It is by giving that we receive as well, and it brings us closer to the Parish and gives an appreciation of the work that takes place"

"I have something to offer and to share. I can help and feel part of this group. It reminds me of Jesus' call to serve one another"

"The church isn't the building we pray in—it's the people that make up this vibrant and welcoming parish. Participating in various ministries allows me to contribute something back, so that it's not just left to the dedicated few. It's also setting (I hope) a good example to our children, that participating fully in the life of the parish is part of our faith calling"

"Being active in ministry fulfils my baptismal promise to be a member of a celebrating community"

Our **Parish future forum** is next Tuesday the 26th February. Sessions are at 2:00pm & 7:00pm—both in the parish hall. This forum is to discuss parish achievements, plans and values. Everyone is welcome!

"A PARISH IS A COMMUNITY OF COMMUNITIES, A SANCTUARY WHERE THE THIRSTY COMES TO DRINK IN THE MIDST OF THEIR JOURNEY, AND A CENTRE OF CONSTANT MISSIONARY OUTREACH"

POPE FRANCIS,
EVANGELII GAUDIUM 28





Sovereign Knights Basketball Club **Join the local family friendly club**

The Sovereign Knights Basketball Club is looking for new players and coaches for the 2019 Winter season for boys and girls aged 5-17. The Season runs in Term 2/3 2019. More information about our club can be found at:

<https://www.facebook.com/SovereignKnights/>

Any enquiries regarding new players please email us at admin@skbc.org.au

Training is at **Damascus College** and most games are at the Ballarat Minerdome or Wendouree Netball Centres and are both approximately one hour in duration.

Please also contact us if you are interested in filling a coaching position at our club - we would love to have you!



2019

VACATION CARE

DATES

8 to 12 April 2019

1 to 5 July 2019

23 to 26 September 2019

**Bookings for April holidays now
open**



WHAT WE OFFER

- **Outdoor & Indoor games**
- **STEM activities**
- **Excursions & Incursions**
- **Art & Craft**
- **Cooking & much more....**

Visit:

**<http://buninyongps.vic.edu.au/after-school-care/>
For more information**