

*Emmaus Catholic Primary School*

# *Newsletter*

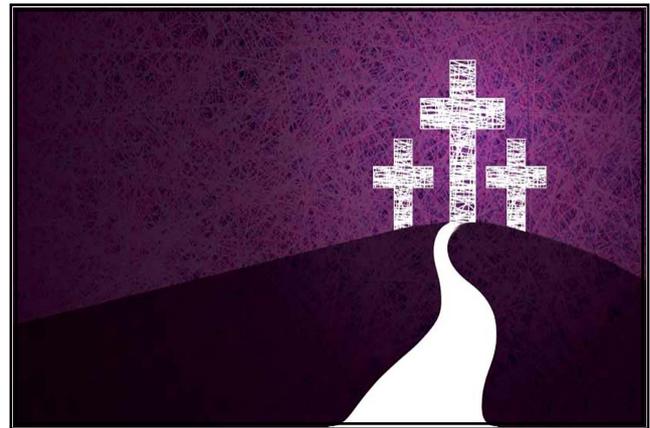
*~Authoring Our Own Future~*



EMMAUS  
CATHOLIC PRIMARY SCHOOL

Term 1, Week 7  
12th March 2019

O God, our refuge in times of trouble,  
You come to strengthen us in our weakness.  
May we surrender willingly to your grace  
and rely on the power of your mercy.  
We ask this prayer in the name of Jesus your Son,  
And in the power of the Holy Spirit.  
Amen.



Dear Parents, Carers, Staff, Students and Friends,

I hope you all had a very enjoyable long weekend - might be just what we needed as there are many tired eyes around the place now we are halfway through the term! With our Vornda students ending their Wednesday rest days this week it is exciting to see them swing into the full weekly school routine.

With lots of excitement we headed off to Llanberis Oval for our Athletics Sports day this morning! I'm a rainbow team member so I was cheering anyone having a go! With our school essence statement of being a community of faith, hope and love, it was great to see efforts on the track and in the field alongside supportive and encouraging words and actions.

Unfortunately the weather didn't hold out for us and the decision was made during the event to return to school. This difficult decision was made in the interests of the students once they got quite wet in the downpour. Thank you for your understanding and support in this process and thank you to the staff who contributed a great deal of extra time and effort before and during the day.

Thanks for a great week

**Jo-Anne**

## The First Week of Lent, year C

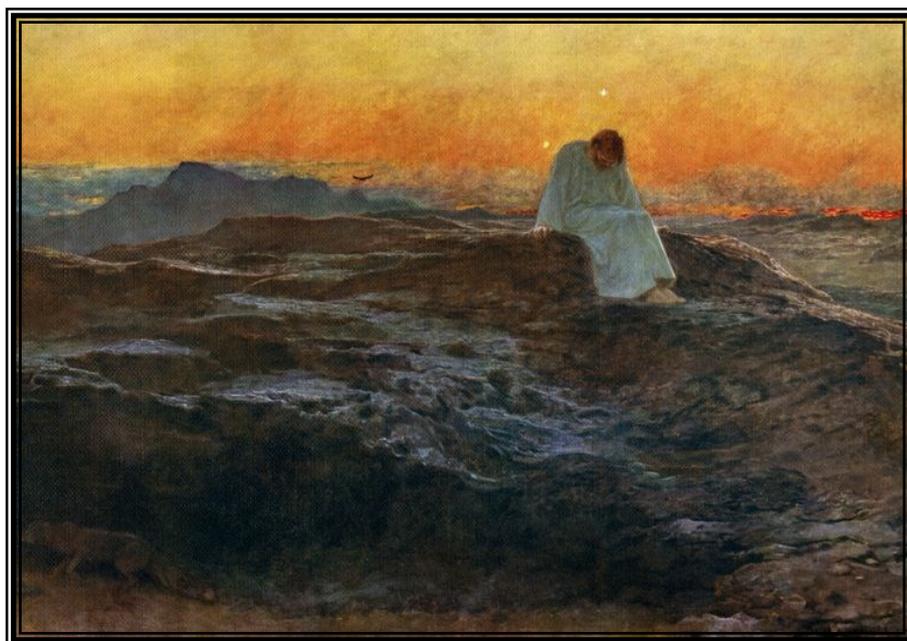
Scripture: Luke 4:11 - 13

### Breaking Open The Word

#### A Reflection:

The desert is a symbolic place: It is where all our comforts are stripped away and we must decide what really matters in life. Jesus had to do this too – he had to become clear about his true purpose. Jesus found an inner strength (which was of God) to help him make the choice for 'life'. Like Jesus, we need to move from self-reliance to self-surrender.

Reflect on your life for a moment ... Is there an issue that you need to hand over more fully to God? Spend a few moments asking God to strengthen you so that you can choose whatever is most life-giving in this situation.

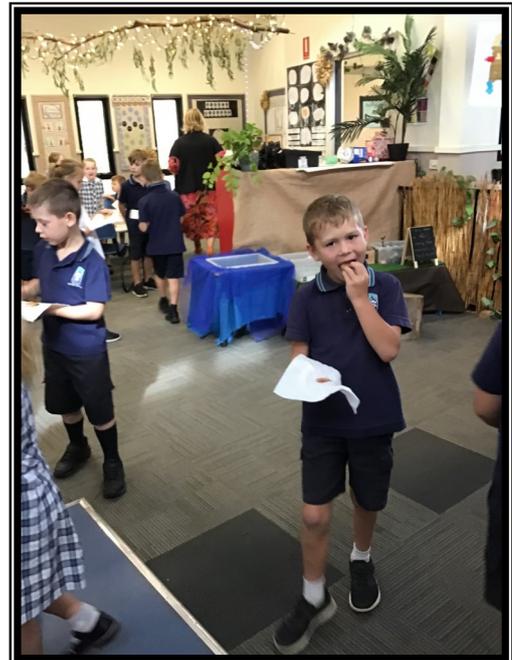


## Important dates for Term 1, 2019

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

# Thank You Parents

We would like to offer a sincere thank you to the parents who gave up their time to prepare pancakes for the entire Emmaus community last Tuesday (Shrove Tuesday). Being able to share in this tradition is a privilege and it would not have been possible without your support. Thanks so much. We also extend a warm thank you to the parents who joined us in prayer for Ash Wednesday, either at mass or school.



# Counsellor's Corner

Hello Emmaus Community,

This week I have added some great growth mindset phrases to get you started.

If there are any subjects you would like added, please let me know.

My email address is: [mduncan@emtcathclear.catholic.edu.au](mailto:mduncan@emtcathclear.catholic.edu.au)

Have a wonderful week!

Misty Duncan

## GROWTH MINDSET PRAISE EXAMPLES

- ★ Great **effort!** You must have worked really hard.
- ★ You **practiced** a lot and your **improvement** shows it.
- ★ You tried all kinds of **strategies** on that math problem until you finally got it.
- ★ You stayed at your desk, you kept your **concentration**, and you **kept on** working.
- ★ You **didn't give up** when it was hard!
- ★ See, you **studied more** and your grade on this test is higher.
- ★ You tried **different strategies** and you figured out how to solve the problem.
- ★ You **stuck to this** and now you really understand it.

# Social Justice

## **SOCIAL JUSTICE ACTION AT EMMAUS**

### How can our community strive to be socially just?

Let's encourage each other to...

**“Aspire not to have more but to be more”**

**~ Oscar Romero**

### HAVE YOU CONSIDERED WRITING A SUNSHINE LETTER?

Many students have chosen to write a letter to brighten the day of someone facing many challenges in life. Some have chosen to write multiple letters. The Sunshine Letters Campaign is almost a year in and to date Ailish Ryan (Year 5) has collected from her yellow mail box and delivered to the Soup Bus approximately 300 letters.

Her original goal was to collect 300 letters, however, she has exceeded this number and continues encouraging others to write as she and her family have become well aware of the difference these letters make to the lives of others.

We wonder if adults in our community have considered writing a letter?

Below is a letter formed by a member of the teaching team ready for delivery to the Sunshine Letters mailbox.

Dear friend,

Receiving a letter is such a special form of communication. I myself am a mother and always say to my children that when you write a letter or a card, that you must consider carefully the words that you include within it, as your intention is to ensure that the receiver chooses to keep the letter or card forever because of its content. The content should make them feel so special and loved beyond measure.

I write to you to share that you are loved. You are loved by so many. There are so many people who care about your wellbeing. You are courageous. You are kind. You are resilient. I think of you often. I pray for you too.

When I often think of you, I wonder if you have hopes and dreams? I wonder if you truly believe that your hopes and dreams can become a reality some time in your future? I wonder if it is difficult to feel vulnerable and accept support from those around you? I truly hope that you believe that all of this is possible for YOU. You are an important member of our community and I pray that you can find the support you require to ensure your success.

# Social Justice

Dear Lord

Still my hearts stormy seas,  
quiet my mind's wild crowds,  
be the silence between my sighs.  
Make me still so that I can be filled with your peace,  
amazed by your grace,  
and deeply aware of your presence in my life....  
and in the world.  
Amen

I hope that today you can smile. I hope that tomorrow you can smile too.

You will continue to be in your thoughts and in my prayers.

## PLAY IT FORWARD

Thank you to Stacey Thomas for allowing our community to consider supporting the Play it Forward appeal. There is a basket in the Social Justice space for donations.



An appeal to collect pre-loved sporting clothing and equipment for children in East Africa.

### WHAT TO DONATE

We are seeking donations of pre-loved sportswear and equipment in good condition.



#### Clothing including:

- Football shorts
- Football jumpers
- Football jerseys
- Football boots
- Runners



#### Equipment including:

- Shin pads
- Goal keeping gloves
- Soccer balls

We sincerely ask that donations are strictly limited to sportswear only - this is not an opportunity to get rid of that big bag of old clothes you've been meaning to take to the Salvos. We also ask that all items be washed and cleaned thoroughly before donation. If you have any questions about what to donate please don't hesitate to visit our website.



[www.play-it-forward.com.au](http://www.play-it-forward.com.au)

# 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...

- Donate pre-loved sporting clothing and equipment to the **Play it Forward Appeal**.
- Donate an **unused blanket** to support Bessie Chadwick's goal to collect 50 blankets from our community.
- Participate in Ailish Ryan's **Sunshine Letters Campaign**.
- Donate to **Eureka Mums** pre loved nursery equipment and children's clothes to size 12. Current requests include double prams, reversible car restraints and clothes up to size 12.
- Donate non perishable food items for **The Soup Bus**.
- Remind your children that **'Let's Get Just!'** an opportunity to discuss all things social justice, occurs weekly in the staffroom on Thursdays at 10.30 am.

**ALL OF THE ABOVE CAN BE LEFT IN THE LABELLED BASKETS IN SOCIAL JUSTICE SPACE IN THE MAIN ENTRANCE.**

# Notices

## School Photos – Term 2, Week 2

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

## '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**

**SACRAMENTAL INFO SESSION FOR EUCHARIST/CONFIRMATION  
6.30 pm, tomorrow night (Wednesday 13th March) at Emmaus.**

# Year 6 Camp

The Year 6 cohort spent three days last week in Halls Gap exploring their relationships with each other, further developing their independence, interdependence and putting their stamina and team-work capabilities to the test.

The students and the staff team set up tents at the Big 4 in Halls Gap. They prepared meals together, swam, hiked to the Pinnacle, explored the shops, enjoyed a movie night and a camp concert. There was even a Boot Camp opportunity as the sun rose in the most magical of ways.

The students were a credit to themselves and to their families in the way in which they conducted themselves. They represented our school within the Halls Gap community truly living the Nyereeka trademark. For those who aren't aware, the Nyereeka trademark is an agreed set of behaviours that identify exactly what it means to be a committed member of the Nyereeka community. The behaviours sit within three key terms; **SELFLESS, RESPONSIBLE, PERSISTENT**. The camp was a huge success and the students should feel so proud of their mindset to ensure their memories are positive and everlasting.



# Year 6 Camp



# Year 6 Camp



# Sports

## High Jump at Emmaus

On Friday the 15th of March students who have qualified for High Jump will jump off at school.

These students have shown that they can use the correct technique and were able to clear their respective heights. Parents are invited to come along and support their child(ren), the 9/10 year olds will begin at 12:00 pm and 11 and 12/13 year olds will begin at approx 12.50 pm.

The following students are competing :

### **Mok-Borreeyn**

GIRLS - Kaitlin O, Sadie, Lilah, Miranda, Chloe, Stella, Lillian

BOYS - Elijah, Darcy, Liam L, Fred, Roman, Oscar Hen, Jimmy, Thomas T, Jonty, Jasper, Vincent, Billy

### **Nyereeka**

GIRLS - Mag, Avery, Laura B, Lily, Mahlee, Gretta, Maja, Bridie O, Summer, Mia, Lucy

BOYS - Archie, Zavier, Fraser, Joe, Oaklee, Ethan, Xavier, Jack S, Liam O, Harrison, Tim

The top 2 students for each age group will go on to represent Emmaus at the District Athletics later in the year.

If you have any further questions please feel free to email Skye Ambrosy

[sambrosy@emtclear.catholic.edu.au](mailto:sambrosy@emtclear.catholic.edu.au)





## 10 tips to raise an optimistic child

By Lauren Rendell, primary teacher, mother to Connor and Molly and CLT Adult Education Representative.

Information via [www.betterhealth.vic.gov.au](http://www.betterhealth.vic.gov.au). Image via [www.momentsaday.com](http://www.momentsaday.com)

A child who has plenty of enjoyable and positive experiences while growing up is more likely to be an optimistic adult. Parents and carers influence the behaviours and attitudes a child will develop.

Here are some tips to help you raise an optimistic child.

1. Show your child you love them. Make time for them every day and use words and cuddles to show you care.
2. Be a positive role model. Your child will mimic your behaviours so make sure you show them constructive ways of dealing with life's challenges and misfortunes.
3. Allow your child to experience success. For example, give them age-appropriate tasks around the house and praise them for their efforts.
4. Teach practical skills with patience and humour. Help your child to keep up with peers – for example, tying shoelaces, using cutlery and managing the toilet.
5. Let your child play self-directed games. Give them regular time to play without parental direction. This will help them build confidence in their own decisions and abilities.
6. Shelter children from stress. Whenever possible, try not to expose them to the harsh realities of the adult world, such as financial worry, until they are old enough to cope with the concepts.
7. Don't use food for comfort. Leave fatty treats and lollies in the pantry. Find other ways to calm your child down when they are upset.
8. Listen to their problems. Take concerns seriously and be supportive as they learn how to cope with life's hurts and disappointments.
9. Point out the 'silver lining' in every cloud. Get your child into the habit of looking for the positives, even times where it may only seem like the chance to learn from a mistake.
10. Make happy events a regular part of your family life.

# Welcome New Students/Families

## First Day of School Photos



We welcome Lachlan to Emmaus with his Mother Lucy, Father Shane and sibling Thomas .



We welcome Rosalie to Emmaus with her Mother Danielle and Father Adrian, siblings Charlotte, Isabella and younger brother Ashby.



We welcome Lydie to Emmaus with her Mother Renae and Father Jarred.



We welcome Francesca to Emmaus with her Mother Jessica and sibling Lilyeileen.



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

The Sovereign Knights Basketball Club is looking for new players for the 2019 Championship season. The Season runs in Term 2 and 3 2019.

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

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

Please contact our coordinators (using email address below) for more information and/or if you are interested in filling a position at our club, we would love to have you!

Boys [sboys@skbc.org.au](mailto:sboys@skbc.org.au)

Girls [girls@skbc.org.au](mailto:girls@skbc.org.au)



### **APRIL SCHOOL HOLIDAY PROGRAM**

**Monday 8th of April to Thursday 18th of April 2019**  
(excluding weekends & public holidays)

Eastwood Leisure Centre, Ballarat  
8am to 5pm each day  
Pre-School to Grade 6, boys & girls  
\$40 (+ GST) per day (\$35 + GST per day for 5+ days)  
Enrol online [www.kellysports.com.au](http://www.kellysports.com.au)

Any queries call or text Paul on 0423 335 616



**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**

# BENDED KNEE

MUSIC  
FESTIVAL

BUNINYONG 2019

# MUSIC FESTIVAL

29&30 MARCH

**BJ GILSON**  
**SIMON CARROLL**  
**GEOFF JONES**  
**WICK TRENBATH**  
**THE INFUSERS**  
**BAR CHOIR**

**BLUE LIMIT**  
**DJANGO FRETTS**  
**ARKIE T WILLIAMS**  
**SHANE GILBERT**  
**THE BOONDOCKERS**  
**PAIGE AND THE VINLEYS**

**HARDIES HILLBILLIES**  
**SEAN KENAN AND GEOFF MCARTHUR**  
**PETER ANDERSON & MEN O'THE HILL**  
**BUSHDANCE**

**FAMILY FRIENDLY**

MARKET, WORKSHOPS,  
INSTRUMENT MAKERS DISPLAY  
THE COMMUNITY STAGE  
BUSKING

**BUY  
TICKETS  
ONLINE**

[WWW.BUNINYONGFESTIVAL.COM.AU/TICKETS](http://WWW.BUNINYONGFESTIVAL.COM.AU/TICKETS)

Below is a colouring competition that the students may wish to enter for their chance to win a family pass to this exciting new event. Once completed, please hand in at the office and they will then be displayed in shop windows in Buninyong (with entrant details hidden for privacy).

**WIN A FAMILY PASS!**

Decorate this banjo for your chance to win a family pass to the inaugural BENDED KNEE MUSIC FESTIVAL!

(Please provide contact details on reverse side - winner notified 25-03-19)

