

## Important Dates

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**SACPSSA Athletics  
Carnival**  
Monday 4 November 2024

**Year 2 Excursion**  
Wednesday 6 November 2024

**Board Meeting 6pm**  
Wednesday 6 November 2024

**Year 2 Mass**  
Thursday 7 November 2024

**P&F Lunch**  
Friday 8 November 2024

**Assembly 4T**  
Friday 8 November 2024

**Children's University  
Graduation**  
Tuesday 12 November 2024

**PUPIL FREE DAY**  
Monday 18 November 2024

**Year 1 Mass**  
Thursday 21 November 2024

**Year 6 Cardijn  
Transition Day**  
Friday 22 November 2024

**Assembly**  
Friday 22 November 2024

**2025 House  
Elections/Announcement  
2.40pm**  
Monday 25 November 2024

**Board Meeting 6pm**  
Wednesday 27 November  
2024

**Sports Presentations**  
Sunday 1 December 2024

**PUPIL FREE DAY**  
Monday 2 December 2024

**Year 6 Graduation  
Dinner**  
Tuesday 3 December 2024

**Year 3&4 Pool  
Excursion**  
Tuesday 3 December 2024

**Carols Night**  
Wednesday 4 December 2024

**New Student  
Transition Morning**  
Wednesday 4 December 2024

**Emmaus Community  
Awards Ceremony**  
Friday 6 December 2024

**2025 Classroom  
Visits**  
Monday 9 December 2024

**Graduation/Whole  
School Mass 6pm**  
Tuesday 10 December 2024

**Last day of School  
for Year 6**  
Wednesday 11 December  
2024

**Last day of school!**  
Thursday 12 December 2024

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## Sibling Enrolment

# SIBLING ENROLMENT

Are you an existing  
family with younger  
children yet to enrol?

ENROL NOW to secure  
your spot!

*It's never too  
early!*



For More Information  
8322 7211 or visit the office to  
collect an enrolment form

*Vacancies are  
filling fast!*



31.10.24

## From the Principal



Welcome to Term 4

Welcome back to the final term of 2024! I hope everyone had a restful and refreshing break. As we return for this last leg of the school year, I wanted to take a moment to share something that struck me during the holidays. Over the break, I read *The Anxious Generation* by Jonathan Haidt, a thought-provoking book that delves into the challenges today's children face growing up in a world dominated by smartphones and social media. The insights from this book felt particularly relevant to our school community, and I feel compelled to share some important points with you.

It is also timely given the work that the state government is currently advocating around banning phones in schools and revising the age limit for children accessing social media.

I am sure many of you are across the damage too much screen time does to the developing brain, but the book goes into much more detail and is worth a read. It also addresses the biological need for play in our early years students.

### **The Importance of Play and the Dangers of a Phone-Based Childhood**

In his book *The Anxious Generation*, psychologist Jonathan Haidt highlights a growing concern: the dramatic shift from a play-based childhood to one dominated by screens and smartphones. This shift, particularly among Gen Z, has led to an increase in anxiety, depression, and overall challenges to mental well-being. Our children are growing up in a world where technology is ubiquitous, but what is it costing them?

Haidt explains that childhood used to be centred around outdoor play, face-to-face interactions, and learning how to navigate relationships through real-world experiences. Play isn't just fun; it's essential. It's through play that children learn to problem-solve, develop empathy, and understand how to cooperate and resolve conflicts. It builds resilience, fosters creativity, and helps children develop physically, emotionally, and socially. This is just some of the many reasons why we invest in our Playgroup, Occasional Care and Little Learners, programs at Emmaus. These play based sessions, facilitated by Wendy Moulder, an expert in the early years field, are crucial for children's social, emotional, physical and intellectual development.

When we replace opportunities for real-life interaction and play with a phone or screen, children miss out on crucial developmental experiences. Instead of navigating friendships in person, they do so through the lens of social media, which can amplify feelings of inadequacy, isolation, and anxiety. The constant comparison culture and online presence take a significant toll on their developing minds.

Premier Peter Malinauskas recently addressed these concerns during the South Australian leg of the two-day Social Media Summit in Adelaide, co-hosted by the South Australian and New South Wales governments. He outlined a new education initiative designed to address the growing impact of social media on children's mental health, echoing the concerns raised by experts like Jonathan Haidt.

Schools are increasingly called upon to support students with social media issues that arise outside of school hours. While we can't solve these issues alone, education plays a vital role in helping children and young people stay safe, focus on learning, and build healthy, respectful relationships. From next year, the new and updated curriculum will be mandated in all Education Department and Catholic Education sites.

Research is clear: limiting smartphone usage—especially before the age of 16—has profound benefits for a child's mental health and well-being. By delaying access to smartphones, we give children the opportunity to engage fully in play and face-to-face interactions, which are essential for their development. Encouraging outdoor activities, creative play, and time spent with friends in real-world settings helps children thrive and prepares them for a healthier, more balanced life.

As parents and educators, it's our responsibility to create environments that nurture these experiences, helping our children grow into well-adjusted adults. Limiting screen time and fostering play are essential steps in that direction.

With four children of my own and now a new grandson, I truly understand how challenging it can be to keep kids safe and happy, especially when it feels easier to avoid arguments about screen time. We all want what's best for our children, and sometimes giving them a phone seems like a quick solution. But next time you find yourself reaching for that option, it might be helpful to pause and consider the potential long-term effects on their mental health

### **Grandparents Day**

Even though the weather wasn't on our side this year, Grandparents Day was still a special and memorable event. While we had to scale down some of the activities, the heart of the day remained the same: bringing together grandparents and their grandchildren for precious moments of connection. Seeing our students proudly show their grandparents the work they've been doing in the classroom was a wonderful reminder of the strong bond between generations, and you could feel the joy in the air.

A huge thank you to Nicola Gill for her tireless efforts in organising—and then reorganising—the day so it could still go ahead despite the inclement weather. We are also incredibly grateful to our dedicated staff, supportive parents, and of course, the wonderful grandparents and special people who came along to share in the day. And to the children, who this is all about, thank you for being the shining stars of the event!

As the saying goes, "Grandparents are a delightful blend of laughter, caring deeds, wonderful stories, and love." We saw that come to life this Grandparents Day!

### **2025 Preparations and Class Placements**

As we finalise our plans for 2025, I look forward to sharing more information with you in the coming weeks, including details about teacher and co-educator appointments.

Next year, our class structure will be as follows:

3 Reception classes (as well as a mid-year intake)

3 Year 1 classes

2 classes per year level from Year 2 to Year 6

In addition, students will continue to enjoy specialist lessons in:

The Arts (new for 2025)

Physical Education

Health Education

Indonesian

Music

A significant part of our work this term is organising class placements for the following year. This is a detailed and thoughtful process that considers a wide range of factors, including educational, behavioural, well-being, and social needs. Balancing these is essential to creating the best possible learning environment for each child.

We ask for your trust in our teachers, who know your children well and will carefully consider their needs to place them in the most suitable class for 2025. If you would like us to take any specific needs into account when making class placements, please email me with your request, ensuring it is based on clear educational reasons. Should you wish to discuss this further, I am more than happy to meet with you in person.

Please note that requests for specific teachers are generally not helpful, as there may be changes in teaching staff and class structures from year to year.

I also encourage you to read an insightful article by Madhavi Nawana Parker from Positive Minds Australia. Madhavi presented here in 2023, and her session was one of the most highly attended and valued events we've hosted at Emmaus. You can find the article here: [Positive Minds Australia](#).

Madhavi offers some practical advice for parents around how to support children in dealing with change in a positive way.

**Suzanne Budd**

**Principal**

[View this article online to read more](#)



## From the APRIM



### LITURGY OF REMEMBRANCE AND HOPE

Our annual Liturgy of Remembrance and Hope was a wonderful celebration of love and the many connections we share. Many of our families displayed photos of their loved ones who have passed away and a number read personal prayers of the faithful.

We thought about the significance of the love we share with others. Jesus tells us that love never ends; and the love which connects us to those who have died remains always.

In our Catholic Liturgical Calendar, November is the month when we especially pray for those who have died. Let us remember these special connections and hold them always.

## BAPTISM

God calls each of us to a closer relationship with God where we can gain clarity, fulfillment and true happiness. It can be hard to hear this call and there is certainly enough noise to distract us. But when the time is right, something opens us to a deeper understanding and we are transformed. May we each take time to listen more closely to God's call. What awesome things has God got planned for you?

There have been a number of parents and families asking about Baptism in the parish and seeking baptism for their children. The parish is certainly here to support families on this very important stage on their faith journey. If there are any other families interested in baptism, please contact the parish office on 8326 1555 or visit the website: <http://www.morphettvalecatholic.com/> . I may also be able to answer any of your questions.

## RCIA (RITE OF CHRISTIAN INITIATION FOR ADULTS)

Adults who are interested in Baptism, Confirmation and First Communion prepare and celebrate through the Rite of Christian Initiation for Adults (RCIA.) In the Morphett Vale Catholic Community, the program begins in the second half of the year and the sacrament is celebrated on Easter Saturday the following year. If anyone is interested or just wants to find out more about the program, please contact the parish office on 8326 1555 or visit the website: <http://www.morphettvalecatholic.com/> . I may also be able to answer any of your questions.

**Nicola Gill**

**APRIM (Assistant Principal –Religious Identity and Mission)**

**[Ngill@emmaus.catholic.edu.au](mailto:Ngill@emmaus.catholic.edu.au)**

View this article online to read more

## Year 6 Small Business and Catholic Charities Fundraiser

In Term 3 our school was extremely busy helping raise awareness for Catholic Charities. Catholic Charities is a charity helping people with poverty, housing, early education, and much more. Our year 6's were a huge part in this process by learning and helping to create amazing small businesses. These businesses included creating handmade products such as keyrings, hairclips, and stress balls for our students and staff members to buy. During this process, our students learnt how to run a successful business, having share holders, staying within a budget and many more skills to help us in the future. There were many steps to make these businesses including brainstorming ideas, business name and logo, product making, and marketing. To build the businesses it took around 8 weeks to prepare for our market day, which was highly successful. In total, our school raised \$1316.40, which will support Catholic Charities in the work that they do. It was great to see our hard work donated to Catholic Charities and the money goes to making the world a better place.

Written by Victoria Powney and Holly Huggan



# Year 3 Classroom Work

The Year 3's have been learning about poetry this term. Our mentor text was 'The Ant Explorer' by the Australian poet C.J. Dennis. The children were asked to write a poem based on this poem, called 'The Ant's Next Journey'. Here are some beautiful examples of the children's work.

**The Ant's Next Journey**  
 After a good night of sleep and a delicious home cooked meal,  
 The little ant did think a lot about the way that he did feel.  
 "Why?" he said while munching on some legs,  
 "I really think I'd explore again, I just had so much grub!"  
 "Oh, I know what with a little ant,  
 "But don't you think you should be a bit? Maybe wait a while!"  
 "It's the best!" he said, "I just wonder when humans do!"  
 "I suppose I'll be quick, I really promise you!"  
 So that night that ant got out of bed,  
 With some thoughts in his tiny head.  
 He waddled a bit more and then crawled out the door  
 He went on his journey.  
 And left his bed in the house,  
 He opened up the screen,  
 And left it all alone,  
 He hid in the sand,  
 And left it all alone,  
 He saw the grass, which was so overgrown,  
 Until he saw a giant home,  
 He expanded through a hole in the dirt,  
 Until he saw an ant colony!  
 He crawled up a hole,  
 And came to find about a billion  
 He went on the search,  
 And got lost in the maze,  
 Until the owner of the home,  
 Came through the door and saw an ant's alarm!  
 The owner stepped and roared and did not see,  
 The little ant that roared, "What's wrong with me?"  
 "Oh, The owner said, "The little ant!"  
 "Can you help me get my head out?"  
 The ant had realized he had no legs,  
 I will make sure you have a really happy day!"  
 "Oh, I'll help! Just show me the way,  
 I will make sure you have a really happy day!"  
 As the ant lay on the floor's hand,  
 And said "Help! Come on, I'm in a bind!"  
 They went out of the house,  
 And walked on the grass so overgrown,  
 They hid in the sand,  
 And left it all alone,  
 They walked on the stones,  
 But did not find about!  
 They tried on leaves,  
 And hid their heads in the house,  
 Until the ant could "Help! I hope I see you soon!"  
 He walked happily and then opened his door.

**Then Ant's Next Journey.**  
**By Ben.P**  
 After a good night of sleep and a delicious home cooked meal,  
 The little ant did think a lot about the way he did feel.  
 The little ant thought to himself, what could he do?  
 So, he went looking for some honeydew,  
 On the way looking, he found the Guardian Ant,  
 This big Guardian Ant was protecting a brant,  
 Then he went into a bush which was squishy,  
 Hiding from bush to bush he started to look fishy,  
 The Guardian Ant heard the little ant came out to see,  
 But when he started to look, he could only see a bee,  
 The little ant thought he was safe, so he started to go home,  
 But he wasn't ready to end his journey so instead he went to Rome.

The Ant's Next Journey by Elias
After a good night of sleep and a delicious home cooked meal.
The little ant did think a lot about the way that he did feel.
He decided to have another go.
But this time somewhere else to go.
Over the tiny stony bridge.
Heading to a gigantic ridge.
He slipped and fell into a river.
And because it was cold he started to quiver.
Having no idea where he would go.
He didn't realize he'd end up home.
He was cold and he was wet,
And never wanted to roam again.

**The Ant's Next Journey**  
 After a good night of sleep and a delicious home cooked meal,  
 The little ant did think a lot about the way that he did feel.  
 The next day the little ant ate all his breakfast and came,  
 Outside to go on another journey, there was nobody to blame.  
 He found a hole heading deep hid in a rock,  
 The rock got moved by a big bad old flock.  
 The little ant went into the hole,  
 Then the little ant found some coal.  
 Then he saw a spider nest,  
 The spiders did their worst, and the ant did his best.  
 Then he saw the center of the earth,  
 Even though he had to go through Perth.  
 He looked at it and it was red,  
 Then he wanted to go back to bed.  
 So, he climbed up the spider nest,  
 And climbed up the tunnel putting him to test.  
 He found his way out and went home,  
 And now he doesn't want to roam.

# Indo Club and Bali Bingo!







Indo Club is still on at recess on Thursdays! So far this term we have been getting out lots of Indonesian dress ups, toy animals, play money, have making stations with the help of year 6 students and the usual colouring and drawing options too! All year levels are welcome!

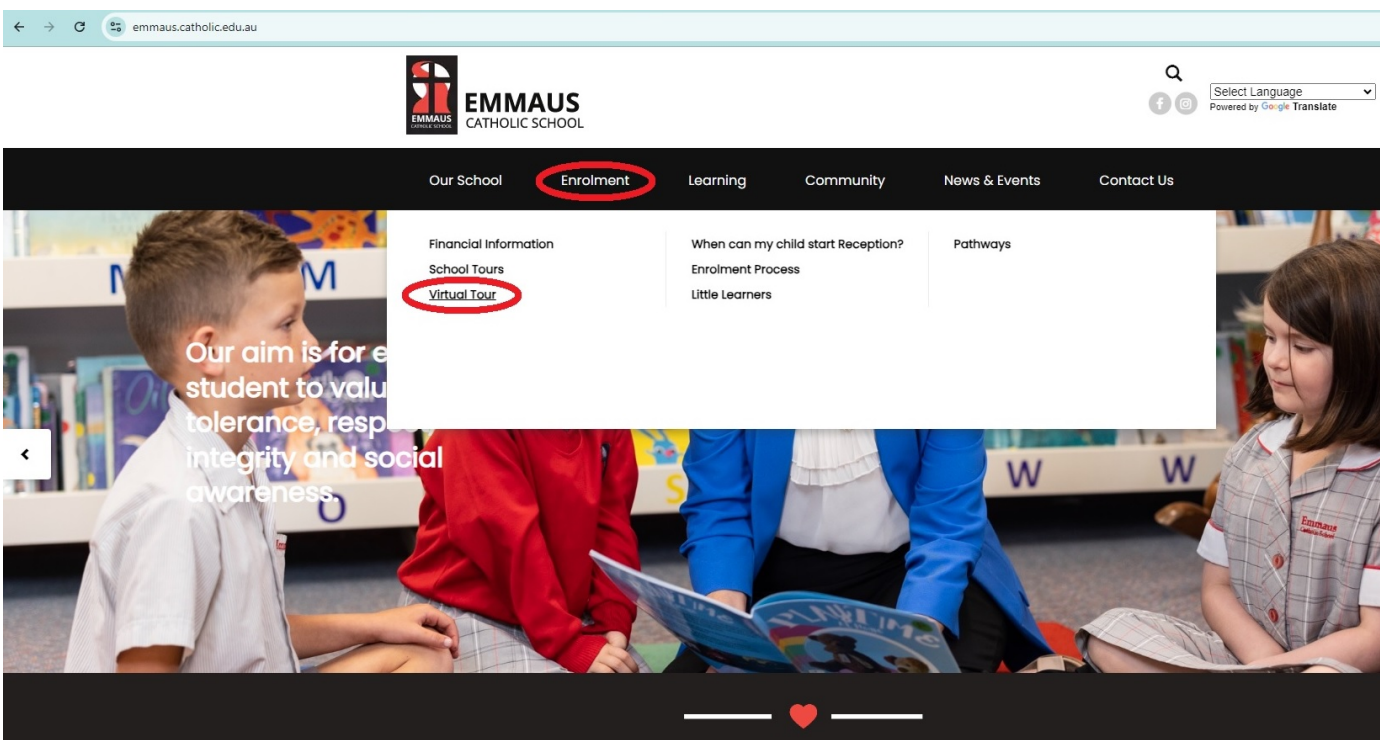
Also, a reminder, if you are travelling to Bali, see Pak Jordan for a little Bingo card challenge you can choose to complete!

## Thank you!

Thank you to Matt Lague for generously creating a wonderful mud kitchen for Emmaus@Play! Your craftsmanship and kindness have brought endless opportunities for imaginative play and hands-on learning to our playgroup. We are incredibly grateful for your support and dedication to enriching our school community!



## Virtual Tour - Now Online!



### Exciting News

We're thrilled to announce the launch of our **new Virtual Tour** on our website! Now, families can explore our beautiful grounds, see our classrooms and facilities, and learn about our vibrant community - all from the comfort of their home.

Check it out on our website under the enrolment tab: [www.emmaus.catholic.edu.au](http://www.emmaus.catholic.edu.au)

We can't wait to share our lovely school with the community!

19.09.24

## SEQTA Engage



### Launch of SEQTA Engage

We are pleased to announce the launch of SEQTA Engage, our new platform designed to strengthen communication between families and the school. SEQTA Engage is widely used in Catholic schools across South Australia and will provide easy access to important school information.

To get started, please check your inbox for a welcome email from SEQTA. This email will include instructions on how to set up your login details. We recommend completing the setup process online before downloading the SEQTA Engage app to your devices.

This is an exciting step for our school community, and we appreciate your support as we implement the platform. Please refer to the email, as well as the additional resources provided, for guidance.

### Assessment: A Learning Journey, Not Just a Grade

As a school, we are focusing on changing the conversation around assessment with students. Rather than viewing each assessment as a final judgement, we encourage everyone to see it as part of a larger learning journey. Each task is just one moment in time – a snapshot of where your child is on their educational path.

The Australian Curriculum, Assessment and Reporting Authority (ACARA), states that "assessment is an ongoing process aimed at understanding and improving student learning." This perspective shifts the focus away from simply achieving a grade and instead emphasises what can be learned from each task and how students can grow.

When discussing assessments with your child, ask questions like:

What was your biggest learning about this topic?

What can you improve on next time?

How would you use your learning in the real world?

These conversations will help foster a growth mindset, where the emphasis is not necessarily on achieving an "A" but on the skills and knowledge gained along the way. As ACARA highlights, "effective assessment empowers students to reflect on their learning, identify strengths, and target areas for improvement."

Together, we can help students see assessments not as an endpoint, but as an opportunity to reflect, grow, and set new goals.

By focusing on progress, not perfection, we help students develop resilience and a love of learning!

[View this article online to read more](#)

## Reporting an Absence



Ensuring the safety and well-being of our students is a top priority here at Emmaus. As such, we would like to remind all parents and guardians of the multiple avenues available to report student absences or late arrivals.

To report your child's absence or late arrival, please use one of the following methods:

Reply Text to 0417 038 063. Please note that direct messages to this number will not be received.

Phone (08) 83227211: Speak to our friendly staff or leave a message on our answering machine if calling before 8:30am.

Email: Send an email to [absent@emmaus.catholic.edu.au](mailto:absent@emmaus.catholic.edu.au) or [information@emmaus.catholic.edu.au](mailto:information@emmaus.catholic.edu.au).

We kindly ask that you contact the front office for any absenteeism notifications. Due to the morning activities in classrooms, it may not always be possible for teachers to relay messages to the office before 9 am.

For extended leave requests of 5 days or more, please complete the absenteeism form at the front office.

Late Arrivals and Early Departures:

If your child arrives late to school or needs to leave early, they must be signed in/out via the iPad at the front office by a parent or guardian.

It's important to note that if a student is late to class and the arrival hasn't been reported to the front office, they will be marked as absent, and a text will be sent to parents from 0417 038 063.

Thank you for your cooperation and support in ensuring the safety and well-being of all our students.

## Kiss and Drop Guidelines

The Kiss and Drop zone is the yellow marked area as you enter the carpark from Todd Street, that enables you to drop off and pick up your children safely and quickly.

The intention is that drivers do not wait in these zones and that you stay in the vehicle to ensure traffic is streamlined and traffic queues are minimized.

In reality, it only takes one or two inconsiderate drivers to overstay in the zone and the system breaks down, leading to frustration and delays.

Please familiarise yourself with our Kiss and Drop guidelines:

- Kiss and Drop zone is a NO PARKING zone. If your child is not ready and waiting for you, please continue to lap the carpark. Alternatively, park your vehicle in a carpark and wait. Please do not park in the kiss and drop zone to wait for your child as this builds up traffic on Todd Street where accidents have occurred. The aim of Kiss and Drop is for free flowing traffic.
- It is an expectation that drivers continue to the end of the kiss and drop zone, to allow room for others.
- For safety, it is recommended that students exit and enter the vehicle kerbside only. Children should have their schoolbags on their lap to ensure the driver does not need to exit the vehicle.
- Do not get out of your car.
- If you are required to get out of your vehicle to assist your child with their bag or seatbelt, please do not use Kiss and Drop. Park your vehicle so you can assist your child safely.
- Staff will be on Kiss and Drop duty to assist with free flow of traffic and child safety from 8.30am - 8.45am and 3.05pm - 3.25pm. Please ensure your child is collected by 3.25pm.
- Please use the pedestrian crossing when walking between the carpark and the Kiss and drop area.
- Please ensure you remain under the speed limit of 10km/h at all times.

Staff have been advised to remind all families to use the crossing correctly. If you choose not to use the crossing, you will be redirected by staff on duty. Please do not take this personally; it is their job to keep everyone safe.

## Emmaus Carpark



## Wellbeing at Emmaus



At Emmaus, we believe that all students have the right to learn and develop socially and emotionally in a safe environment. We offer a variety of ways to ensure this happens for our students.

### **The Resilience Project**

The Resilience Project is a dedicated program that focusses on positive health strategies aimed at preventing mental health issues and enhancing children's ability to manage challenges. Rooted in the principles of gratitude, empathy, and mindfulness, this evidence-based program includes content tailored for students, staff, and parents/carers. Through the school partnership program, we aim to promote mental health awareness and support in classrooms, staff environments, and in family settings.

### **Good Beginnings**

The Good Beginnings program offers an engaging program to begin the school year, nurturing positive relationships and laying the framework for a successful year. Through a range of lessons and activities, students engage not only with their classmates but also with peers across different grade levels, their assigned buddy class, and their house team, fostering connections and collaboration.

### **Wellbeing Officer**

At Emmaus we have a dedicated Wellbeing Officer available two days a week to support children in developing their social-emotional skills, building confidence, and fostering resilience. Our officer runs programs such as "Cool, Calm, and Confident Kids" and "What's Buzz," which are designed to enhance students' abilities to manage emotions, build self-assurance, and develop resilience.

### **Miss Molly**

At Emmaus, we have Miss Molly, our Groodle, who plays a special role in supporting the wellbeing of our students, staff, and families. Miss Molly helps to create a positive and comforting atmosphere, offering companionship and emotional support to everyone in our school community.

### **Oasis**

In the bustling environment of a school, filled with activity and noise, it can sometimes become overwhelming for certain learners. The Emmaus Oasis is a tranquil place to support the wellbeing of our children and can be accessed when they need time to gain control of their emotions.

The Oasis has calm music and activities to promote regulation so they can reset and return to their learning.

### **Lunch Time Clubs**

At Emmaus we have lunchtime clubs running in terms 2, 3 and 4 as part of our ongoing commitment in supporting our students and fostering a positive school environment. Offering a structured play option during lunch breaks can greatly benefit students, particularly those who may find play challenging or need a quiet space to relax and recharge. These include:

- Dance Club
- Book Club
- Lego Club
- Gardening Club
- Minecraft Club
- Making Club
- Let's Be Active

## **Hats**



Bucket Hats can be purchased from Lowes at Colonnades or there is a small supply available in the front office that can be purchased for \$21.

Hats are now to be worn during recess and lunch breaks when outside.



## School Uniform



Please visit the link to the Emmaus Catholic School Uniform Policy - [about-us/uniform](#)

In line with our SunSmart policy, students are required to wear the Emmaus bucket hat during Terms 1, 3 and 4.

Students without a hat will be required to play under the shelter only at recess and lunch times.

Emmaus hats are available for purchase at Lowes, Colonnades. A small number of hats are available for sale in the Front Office for \$21. Sizes small or medium.

## OSHC Fees

OSHC

A reminder to OSHC families that fees are due to be paid in full at the end of each fortnight.

OSHC statements are generated fortnightly and notifications are emailed to families with a link to your Fullybooked accounts where you can view your latest statement. If you do not receive a notification, it is still your responsibility to check your account to view your latest statement.

Please ensure you stay on top of your OSHC payments as accounts not paid in full may be suspended and OSHC bookings may be cancelled.

Payment can be made via QKR! or via direct deposit BSB 066-782 A/C 100002617.

We thank you for your ongoing support in keeping our OSHC service running.

## QKR Guide



QKR is a convenient app that simplifies and speeds up the process of paying for school-related items.

Emmaus Catholic School utilises QKR to make it easier for parents to pay for various expenses, including School Fees, OSHC Fees, Enrolment Fees, Instrumental Hire, P&F Events, Special Lunches, Excursions and Camps, and more.

To help you get started with the app, we've provided the QKR Guide, which you can [download here!](#)

[Download QKR for Apple here](#)

[Download QKR for Android here](#)



## Occasional Care



Emmaus Catholic School offers Occasional Care (in the MacKillop Centre) during the school term on Wednesday and Friday afternoons from 12noon until 3pm.

[If your child attends Little Learners in Term 2 or Term 4, they can access Occasional Care from 11:35am with their Little Learners Educator transitioning them to the Occasional Care space.]

Any families wanting to access Occasional care need to register and complete an Occasional Care Enrolment form prior to their child attending Occasional Care.

All bookings are to be made weekly and may be regular or irregular depending on your need.

The service is accessible to children aged 3 to 5 years.

The cost is \$20 per child for an afternoon session.

### **Each child will need to bring;**

- A healthy lunch in a named container
- A piece of fruit (to be shared mid-afternoon)
- A water bottle
- A hat
- A change of clothes (in case of a toileting accident) and/or spare nappy/pull ups if not yet toilet trained
- A bag to carry the above items in
- Please ensure everything is named.

\*PLEASE NOTE; Emmaus is a Nut Allergy Aware school so we would ask that you avoid sending your child with food containing nuts as there may be another child using the service who has a life-threatening nut allergy.

### **Emmaus Learning Nest**

A typical afternoon session might include;

Play experiences (possible visit to Early Years playground and/or Nature Play space)

Healthy Lunch (brought from home in a named container)

Whole group story/song time (possible visit to Emmaus Library and/or Little Learners room)

Shared Fruit Snack (Each child to bring a piece of fruit to be shared)

Pack-up and whole group games/activities

## Gardening Club



At Emmaus Catholic School, we are dedicated to creating a supportive, well-rounded learning environment where every student's wellbeing is at the heart of what we do. Throughout the year, we've offered a variety of lunchtime clubs to enhance our students' experiences, with the Gardening Club emerging as a true favourite across our school community.



Led by the wonderful Lou, Don, and Kimberley, students from every year level come together around the garden beds to learn practical gardening skills. They get to experience the joy of growing their own plants, connecting with the natural world, and developing a strong sense of responsibility.

Gardening has been shown to provide tremendous wellbeing benefits—it's a peaceful, grounding activity that helps students manage stress, practice self-regulation, and develop patience and perseverance. Through the hands-on work of nurturing plants, students experience a sense of accomplishment and calm.

Our Gardening Club isn't just about growing plants; it's about growing a sense of community, fostering positive wellbeing, and deepening our appreciation for the environment.

## E-Safety - Fortnite

# SAFE GAMING TIPS - FORTNITE

## WHAT MAKES FORTNITE POPULAR?

FORTNITE IS A FAST-PACED GAME THAT COMBINES ACTION AND CREATIVITY, ALLOWING PLAYERS TO COLLABORATE AND COMPETE WITH OTHERS AROUND THE WORLD. HOWEVER, LIKE ANY ONLINE PLATFORM, IT'S IMPORTANT TO BE MINDFUL OF WHO KIDS INTERACT WITH AND HOW THEY ENGAGE DURING GAMEPLAY.



### TOP TIPS FOR SAFE GAMING ON FORTNITE

- Fortnite is rated 13+
- Set Up Parental Controls
- Use the in-game settings to limit who can communicate with your child and restrict interactions with strangers. Fortnite allows players to mute or block others, as well as to limit who can friend request them.
- Limit Screen Time
- Balance is key. It's easy to get immersed in gaming, so setting reasonable limits helps children manage their time effectively and stay engaged in other activities.
- Educate on Privacy
- Remind children to keep their personal information private and to avoid sharing details such as their full name, address, or school name with others online.
- Understanding In-App Purchases
- Fortnite offers many options to buy virtual items, which can be enticing to young players. Setting a clear understanding about in-app purchases and, if possible, password-protecting purchases can prevent unintended spending.
- Monitor Content Appropriateness

### STAYING INFORMED

The eSafety Commissioner's website offers additional resources for parents to help make informed choices about gaming. By being involved and discussing gaming experiences openly, we can create a safe, balanced environment for children to enjoy online games responsibly. For more resources, visit the eSafety Commission's website: [eSafety Commission Australia](https://www.esafety.gov.au).

## School Hours

# SCHOOL HOURS

**OSHC:** 6.45am - 8.30am

**Morning Supervision:** 8.30am – 8.40am

Students arriving before 8.25am must be booked into OSHC. Students arriving after 8.25am must remain in the breezeway until yard supervision commences at 8.30am.

**School Commences:** 8.45am

(All students must be in class at this time or will be marked as absent or late arrival)

**Recess:** 11.00am – 11.30am

**Lunch:** 12.50pm – 1.30pm

**Eating time:** 1.30pm - 1.40pm

**School Dismissal:** 3.05pm

Students must be collected from kiss n drop by 3.25pm.

**OSHC:** 3.05pm - 6.30pm

**Afternoon gates open at 3pm - thank you for your patience.**



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Grow Free Cart





# GROW FREE CART

The perpetual sharing cart has proven to be a delightful resource for our school community again.

A huge thank you to the wonderful families bringing their produce to share.

**"Take what you need,  
give what you can"**



Located by the main  
doors of the Aspire  
Building

Garden Club

# Garden Club Mondays lunchtime



## **Volunteers Wanted**

We'd love an additional helper or two occasionally for the very popular Garden Club. We demonstrate and supervise planting, watering, harvesting, weeding and general garden maintenance with the children in the school garden.

Volunteers are required to have completed a Volunteer Induction - please see the Front Office for further information.



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Volunteers at Emmaus



# VOLUNTEERS AT EMMAUS



We value parent involvement at our school. The knowledge, skills, dedication and time that you share with us is greatly appreciated. The following are required to be completed prior to commencing any volunteer duties:

- Working With Children Clearance
- Catholic Police Clearance
- Completion of Volunteer Induction
- Responding to Risks of Harm, Abuse and Neglect in an Education Setting course

Please contact the front office to collect your Volunteer Induction Pack and to initiate your Working With Children Check if required.



