



EMMAUS COLLEGE
ROCKHAMPTON

18 August 2017

Dear Parents/Guardians

Year 7 students will be participating in the Term 3 retreats on Tuesday 29th August and Wednesday 30th August. We will be dividing the Year 7 cohort into two groups. Students will be split into specific groups each day. The group allocations can be found on the Year 7 noticeboard. Students will attend the Dreamtime Centre one day and Emmaus College Main Street Campus and the Indoor Sports Arena, the next. Details for the two days are as follows:

Retreat Topics:

HEALTHY LIFESTYLES

- Expressing Feelings
- Dealing with Conflict
- Healthy Body Image
- Self-esteem and Our Values
- Forming and Nurturing Relationships

Students will attend one venue per day

Tuesday 29th August: **Group 1 – Venue 1** (Emmaus and Indoor Sports Arena)
Group 2 - Venue 2 (Dreamtime Centre)

Wednesday 30th August: **Group 2 - Venue 1** (Emmaus and Indoor Sports Arena)
Group 1 - Venue 2 (Dreamtime Centre)

VENUE 1

Emmaus College (Main St Campus) and Indoor Sports Arena (Hollingsworth St)

- 8.30am - Assemble on **Main Street Campus** in L7 for roll marking (teachers will direct you) and students will be transported to the ISA as required.
- 2:40pm - Assemble at **Emmaus Main Street** in L7 for roll marking.

VENUE 2

The Dreamtime Centre, Bruce Highway (Cnr Yeppoon Road) Parkhurst

- 8.45am – Assemble with your group at the main entrance;
- 3.00pm – Students will be dismissed. **Please be on time to collect your child.**
- Shuttle bus leaves from Main St Campus and returns to Main St Campus.

Note: Students are required to find their own transport to and from the **Dreamtime Centre**. For students **who walk, ride bikes or travel to and from school by bus**, the Emmaus College bus will be running as a shuttle from 8.30am and will leave from Main St campus – back to school at 2.45pm. The school **cannot** provide transport for other students who are usually dropped at school by car.

Important information

Student requirements for each day	
<u>Emmaus College / ISA</u>	<u>Dreamtime</u>
<p><u>Dress:</u></p> <p>Full Emmaus College PE Uniform</p> <p>Joggers must be worn – no sandals or thongs.</p> <p>Emmaus hat must be worn by all students.</p> <p><u>Pencil case</u> – needed for some activities</p>	<p><u>Dress:</u></p> <p>Students are allowed to wear casual dress – no singlets, choice of clothes must be appropriate for physical activity and must be sun smart, eg. Shorts knee length and shirts with sleeves, please avoid dresses and skirts; <u>Parents will be required to collect students who are dressed inappropriately: We take our dress code seriously.</u></p> <p>Joggers must be worn – no sandals or thongs.</p> <p>Emmaus hat must be worn by all students.</p> <p><u>Pencil case</u> – needed for some activities</p>
<p><u>Food:</u></p> <p>As the days will involve physical activity, we recommend all students bring a water bottle.</p> <p>Students may either bring their lunch or purchase it from the canteen on Main Street.</p>	<p><u>Food:</u></p> <p>As the days will involve physical activity, we recommend all students bring a water bottle.</p> <p>Students will need to take their own morning tea and lunch on this day. The Dreamtime canteen will be open if students wish to purchase lunch.</p>

The cost of this retreat has been added to school fees

As advised during enrolment, Retreats days are **compulsory** school days. Should you have any further queries, please contact your child's Tute Teacher or Head of Year 7, Ms Dowling on 49235700. Please keep this letter in a safe place so you can refer to the details. Looking forward to a great two days!

Yours faithfully,



Ms Marg Dowling
Head of Year 7