



EMMAUS COLLEGE  
ROCKHAMPTON

Main Street Campus  
185 Main Street, North Rockhampton

Yaamba Road Campus  
362 Yaamba Road, North Rockhampton

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18 February 2016



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## A REFLECTION FROM FATHER DON – FIRST WEEK OF LENT



Year C images that use the seasons of the year can be difficult for us to grasp because we live in a climate in which the change of seasons is not all that noticeable. We have cool, then warm and then very hot as we have experienced over the past couple of weeks. If we have spring around September

it is only brief as hot weather soon sets in. Yet the image of Lent as a springtime for the Church and our spiritual lives is still one that can speak to us. It is said that the word “Lent” is derived from the Old English word “Lencten” which refers to the coming of the season of spring which in the northern hemisphere is a time when snows melt, days lengthen and plant growth emerges. Nature comes alive after winter. It is an image somewhat distant to us in tropical Queensland but still it can

remind us that just as nature awakens to growth and new life so too can our spiritual lives in Lent. It is a time to prepare for Easter and to allow our relationship with Christ to be understood in new and different ways, especially in this Jubilee Year of Mercy. Some key dates to remember for Lent this year are: each Thursday night in this season our devotions of Stations of the Cross followed by Benediction; on 4 and 5 March the 24 Hours for the Lord’s Prayer event; and on 17 March the Mass of the Holy Oils. May this time bring many new graces to our spiritual lives.

**Father Don**  
**College Chaplain**  
[www.northrockcatholic.com.au](http://www.northrockcatholic.com.au)

## FROM THE PRINCIPAL



Hello to all in our Emmaus Community,

The year is now in full swing with many great events for students to get involved in the life of the College.

I encourage all students to stay focussed and diligent in their studies as they prepare for various upcoming assessment items. All students should now have their assessment schedules and should be planning their time accordingly to prepare for their upcoming commitments.

We apologise for some poorly printed schedules that were sent out originally. We have been reprinting and sending them out, hopefully all parents will have these by the end of the week.

The College board is looking for new parent members, I encourage any interested members to consider this opportunity to contribute to Emmaus. There will be an information and induction meeting at 6pm, prior to the second board meeting of the year on **Thursday 3 March at 7pm in the Yaamba Road Library.**

## Interhouse Swimming Carnival

Our swimming carnival this coming Monday will be a great way to kick off interhouse competition in 2016 and I am looking forward to my first Emmaus interschool event. I am sure our students are looking forward to the carnival after its cancellation last year due to Cyclone Marcia.

## Retreats

Well done to our Heads of Spiritual and Community Development Mark Roberts and Kristin Honeyball along with our various Heads of Year for conducting a successful first round of retreats this week. Thank you also to all students who assisted our staff in running these important and wholesome activities. These retreats are a key element in our mission to educate the whole person. It was great to see so much enthusiasm and energy amongst our students of all ages. I know for most of our students the day meant long periods in quite hot conditions but it was evident that the students appreciated the day to interact with each other in such diverse environments.



## Bishop's Inservice Day

Tomorrow our staff will attend the Bishop's Inservice Day at The Cathedral College. This is an important day of spiritual and professional development as members of Catholic Education.

Parents and students should note that this day will be a Student Free Day.

As we prepare for Bishop's Inservice Day we are also mindful of the one year anniversary since Cyclone Marcia. So many in our community endured days on end without power and other amenities, but it was in these trying times that the power of community shone through as we supported each other to recover.

The College is mindful that uncomfortable memories of the event can resurface at this time. Our counsellors are available for students and their families who may be struggling with associated thoughts and emotions.

## Enrolment Information Sessions – Tuesday 23 and Monday 29 January

We will be holding two information sessions for students and families commencing Year 7 in 2017. The evenings will commence at 6.15pm in Emmaus Hall with an optional tour of Yaamba Road campus, followed by the information session at 7pm. Enrolment packs are available from the College office, offices of the Northside Catholic primary schools (St Mary's, St Anthony's and St Joseph's Park Avenue), and at [www.emmaus.qld.edu.au/enrolment](http://www.emmaus.qld.edu.au/enrolment).

## Emmaus family

Please keep in your prayers the families of **Therese Higgins (Library Manager)** and **Janelle Orbell (cleaner)**. Therese's father **Paul** and Janelle's father **Joseph** passed away recently after battles with illness. May they rest in the Lord's care and we ask for strength for Therese, Janelle and their families in this difficult time.

## Readings at Mass this Sunday

**First reading:** Genesis 15:5-12, 17-18 'Abram put his faith in the Lord, who credited it to him as an act of righteousness'

**Psalm** Psalm 27:1, 7-8, 8-9, 13-14 'The Lord is my light and salvation'

**Second Reading** Philippians 3:17-4:1 'Join with others in being imitators of me, brothers and sisters...'

**Gospel** Luke 9:28 "While he was praying his face changed in appearance and his clothing became dazzling white...'

**Eamon Hannan**

## YEAR 12S COMMISSIONED AS LEADERS OF THE COLLEGE



## INTRODUCING...

### Emily Alley

#### 1. What are your teaching areas?

My teaching areas are English and Home Economics.

#### 2. From where do you join Emmaus?

I was previously at Central Queensland Christian College.

#### 3. What do you love most about teaching?

I love the daily interactions with students and being a part of the journey with them as they are on their individual ways to achieving their goals and where they want to be in life – spiritually, academically, and outside school.

#### 4. What was a recent highlight of your life?

Besides starting at Emmaus, a recent highlight is getting married in Adelaide.



## Peter Buchanan

### 1. What are your teaching areas?

My teaching areas are Maths and Physics. I am currently teaching junior maths, junior science, junior graphics and senior maths



### 2. From where do you join Emmaus?

I joined Emmaus after taking a year off work to complete my Graduate Diploma of Teaching and Learning full time at CQUniversity. Prior to that I was employed as the Manufacturing Superintendent for AEL (African Explosives Limited) 2014 – 2015, based at Bajool. Before that I was the Senior Mechanical Engineer for Aurizon at their Bolsover workshops, and my first career was as a Registered Nurse working for Queensland Health for 19 years, all of which was spent at the Rockhampton Base Hospital.

### 3. What do you love most about teaching?

The feeling of contributing to the community in a meaningful way.

### 4. What was a recent highlight of your life?

Travelling to Bhutan with my family for a walking holiday in the Himalayas. Absolutely brilliant.

## COMING UP

**19/2:** Student Free Day; last day for subject changes Year 9, 10 and 11

**22/2:** Interhouse Swimming Carnival

**23/2:** Enrolment Information Evening

**26/2-28/2:** Music Camp

**29/2:** Enrolment Information Evening



## CONGRATULATIONS!

- To **Bailey Goltz (Year 12)** on being chosen to represent Queensland at the Under 19 & Elite National Track Cycling Titles in Adelaide next week. Great work, **Bailey!**
- To **Ebony O'Brien (Year 12)** who was one of six Rockhampton girls that travelled to Wollongong in January to play for Queensland in the Under 18 Women's Indoor Hockey Championships. The girls made it into the finals and came home with a silver medal after going down 4-3 in the closing minutes of the game to New South Wales. Ebony will now turn her attention to outdoor hockey after been selected for both the Under 18 and Under 21 Women's Queensland Training Squad. Fantastic achievement, **Ebony!**



- **Jaedon Evans (Year 11), Callum White (Year 8), Lachlan Plant (Year 9), and Regan Weatherhead (Year 9)** were also at the tournament in the U15 and U13 teams. Both teams finished third. Well done **Jaedon, Callum, Lachlan** and **Regan!**

## FROM THE DEPUTY PRINCIPAL

### Interhouse Swimming Carnival

On Monday next week we will be holding our Interhouse Swimming Carnival at the Southside Pool. The carnival is compulsory for all students. Below is a copy of the letter that was sent home to families.

### Immunisation Clinics

Please note the below immunisation dates for students in Years 7 and 8.

	Date	Vaccine
Round 1	Yr 7 – 14/03/2016 Yr 8 – 15/03/2016	<b>Year 7 &amp; 8</b> <ul style="list-style-type: none"><li>• HPV (1st dose)</li><li>• dtpa (Diphtheria, Tetanus &amp; Whooping cough)</li></ul>
Round 2	Yr 7 – 01/06/2016 Yr 8 – 02/06/2016	<b>Year 7 &amp; 8</b> <ul style="list-style-type: none"><li>• HPV (2nd dose)</li><li>• Chickenpox</li></ul>
Round 3	Yr 7 – 31/10/2016 Yr 8 – 01/11/2016	<b>Year 7 &amp; 8</b> <ul style="list-style-type: none"><li>• HPV (3rd dose)</li></ul> Plus any students requiring catch-up vaccinations

### Dental Clinic

Notes have gone home with all year 7 8 9 & 10 students and that these need to be completed and returned to the office by **Tuesday 1 March**. A copy of the form can be accessed here .

**Julie Maher**

**Deputy Principal, Yaamba Road campus**

**julie\_maher@emmaus.qld.edu.au**

## FROM THE ASSISTANT PRINCIPAL – CURRICULUM



The Term 1 assessment and tutorial schedules are now available via the College website.

Replacement assessment schedules have been sent out this week as the original copies contained some formatting problems.

Good luck to all students in their studies for the remainder of the term!

**Sharon Lapere**  
**Assistant Principal – Curriculum**  
 sharon\_lapere@emmaus.qld.edu.au

## FROM THE ASSISTANT PRINCIPAL - MISSION



The season of Lent began last week with Ash Wednesday, a day of fasting (particularly no meat) and prayer. During the six weeks of Lent, as we prepare ourselves for the death and resurrection of Jesus at Easter, we are encouraged here at Emmaus to focus our thoughts, activities and

fundraising on those who have less in our community at school, in our city and across the world. Personally you may want to take up a particular challenge to pray a little more or to change the way you do something as a focus for your own Lenten journey. Pope Francis reminds us that it is the act of drawing closer to God that is most important and should be what guides us particularly during Lent. He suggests that this is more than what is easy to do but that we should try to do what makes us feel uneasy or pushes our boundaries of comfort a little. Pope Francis also said, "Don't waste Lent!"



*Students and staff marking Pancake Tuesday and Ash Wednesday last week*

The table below shows the focus for each year level. Tutors and Heads of Year will be supporting our students to discover through awareness & fundraising, how we can best help these communities. Just think – if every person in our school gave just \$1.00 per week for six weeks we would raise a minimum of \$9000 to share amongst those who need it most. (Given that nearly \$1000 can be spent on one day at the tuckshop at Emmaus, this goal is certainly achievable.) Lent should challenge us to become more generous with what we have been given.

There are also links in the newsletter for groups or individuals to use the Lenten reflection material provided by the Diocese. If you would like a donation box for home please let us know.

Thank you in anticipation of your generous support.

Lenten Fundraising/ Awareness raising	Year 7	Project Compassion – CARITAS <a href="http://www.caritas.org.au">www.caritas.org.au</a>
	Year 8	Timor Leste <a href="http://www.barrys-place-atauro.com/">http://www.barrys-place-atauro.com/</a>

Please note that no other fundraising should happen during Lent. We are hoping that we all consider at least \$1 per week during Lent. All fundraising in our school should be for those less fortunate than ourselves.	Year 9	Philippines & Fr Joe (and the communities he supports in Mindanao)
	Year 10	Local charities – particularly St Vinnies
	Year 11	Project Compassion – CARITAS <a href="http://www.caritas.org.au">www.caritas.org.au</a>
	Year 12	Project Compassion – CARITAS <a href="http://www.caritas.org.au">www.caritas.org.au</a>

***In 2015 Pope Francis said that “every person ought to have the awareness that purchasing is always a moral – and not simply an economic – act.”***

### Are you buying Slavery-free Easter Chocolate?

Did you know that much of the chocolate available in Australia comes from cocoa beans picked by children, many of whom have been enslaved, or forced to work in exploitative conditions?

The International Labour Rights Forum (ILRF) estimates that there are 1.5 million children working in the cocoa sector in West Africa. To buy slavery-free Easter chocolate look for any of these certification labels on the wrappers: Fairtrade, Rainforest Alliance and UTZ.



As we commence Lent I encourage all within the Emmaus Community to talk with at least 5 friends about slavery-free chocolate this week.

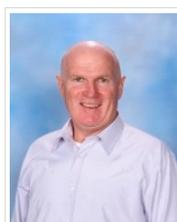
### Extra Information

[http://c.cld.pw/225/cms/files/Lent2016-YearofMercy\(Final\)\(1\).pdf](http://c.cld.pw/225/cms/files/Lent2016-YearofMercy(Final)(1).pdf)

<http://jyofmercy.cdr.org.au/pages/devotions.html>

**John Loch**  
**Assistant Principal – Mission**  
 john\_loch@emmaus.qld.edu.au

## FROM THE DIRECTOR OF CAMPUS – SENIOR SCHOOL



### Retreats

Many thanks to all who organised retreat days for all senior students. The students in attendance seemed to have a very positive, enjoyable day. Just a reminder to all students who did not attend retreat days that you have committed to all aspects of being an Emmaus student across academic, pastoral and religious activities offered to you at Emmaus.

## Laptop Bags

As part of a student's Laptop Agreement they are required to carry their laptop in the supplied bag at all times. There are some students who have either lost or misplaced their bag in the first few weeks of this year. These students must go to the IT office and purchase a new laptop bag asap. Any damage to your laptop whilst not in the correct bag will not be covered by insurance.

## Use of Aerosol

Due to a number of staff and students suffering from severe asthma it is vitally important that there is no deodorant spray brought to school at any time. Exposure to deodorant can and has resulted in serious health consequences for these members of our community. Your support is appreciated to ensure that students follow these expectations.

## QCS (Year 12)

Year 12 students were introduced this week to their QCS program in preparation for the QCS Test on the 30th and 31st August. The program will involve a range of sessions delivered by both tutors and external presenters, reinforcing the content learnt across their subjects throughout their schooling.

## PROSPER Framework

As a community we should be encouraging meaningful outcomes for all, both in teaching and learning, through our goals and willingness to grow both personally and intellectually. To support this growth we need to know and develop our strengths in conjunction with other people we work with in our community.

**OUTCOMES** involves making progress toward goals, feeling capable to do schoolwork, understanding that accomplishment depends on hard work and effort, being persistent, and having a 'growth mindset', and a sense of mastery and achievement.

**Facilitating Outcomes** means teaching these attitudes and skills, using evidence-informed teaching strategies that facilitate both positive school-based outcomes (both academic and co-curricular); teaching critical and creative thinking and problem solving and acknowledging and celebrating the accomplishment of all members of the school community in a wide range of school-based outcomes.

**STRENGTHS** involves self-knowledge about one's character strengths and ability strengths and understanding how to apply these strengths in different contexts.

**Focusing on Strengths** means assisting all members of the school community to identify their strengths, develop them further and find good ways to apply their strengths. For example differentiating learning tasks and sometimes allowing students choice based on their different students' character and ability strengths (McGrath & Noble 2005a & b).

**Dan Mollard**

**Director of Campus, Senior School**

**[dan\\_mollard@emmaus.qld.edu.au](mailto:dan_mollard@emmaus.qld.edu.au)**

## FROM THE HEAD OF SPIRITUALITY AND COMMUNITY DEVELOPMENT



### Making Jesus Real

As Head of Spiritual and Community Development on the Yaamba Road campus one of my great pleasures is to promote Emmaus as an MJR, or Making Jesus Real, school.

Many of our Catholic primary schools use the MJR program. In reality MJR is not a program as such, but a way of life - Christ's Way, the Emmaus Way. MJR is a simple message about the way we live our daily lives and is centred on our Catholic belief that **we are** the image of Jesus to all those people around us. We are **His** representatives and our actions should reflect **His** values.

Jesus also made the comment that we are part of his family and that the ways we treat others should be reflective of the way we would treat Jesus. Consider Matthew 25:40 "**Truly I tell you, just as you did it to one of the least of these who are members of my family, you did it to me.**"

The program calls on all at Emmaus to work for peace, justice and the promotion of the common good of society, highlighting the values of: care and compassion, respect, honesty, trustworthiness, understanding, tolerance and inclusion. These values also encourage students to do their best, treat others fairly, be responsible for their actions, follow principles of moral and ethical conduct and to stand up for the rights of others.

The MJR program has its own language: Students are encouraged to be **W.E.S.T.** people, **Welcoming, Encouraging,** and people who say **Sorry and Thanks;** to think about how they **G.T.S.** or **Greet, Treat and Speak** to others, and to show **T.U.P.** or **Tolerance, Understanding and Patience** of others.

Making Jesus Real supports our Responsible Thinking Process and enhances our commitment to being a **Catholic Community of Learners.** I will look to include a little on MJR in each newsletter this year to provide further understanding of the program, and something on the electronic notice board in front of the Yaamba Road campus to provide a thought or focus on MJR each week.

Have a great year

**Mark Roberts**

**Head of Spiritual and Community Development,  
Middle School**

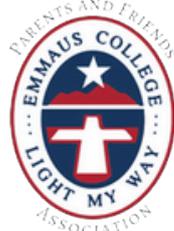
**[mark\\_roberts@emmaus.qld.edu.au](mailto:mark_roberts@emmaus.qld.edu.au)**



(L-R) Sue Filer, Kathy Hanschen, Denise Holden and Sue Greentree

On Tuesday this week the Parents and Friends Association convened for our first meeting of 2016. This year the Parents and Friends Association is led by:

**President:** Kathy Hanschen  
**Vice President:** Denise Holden  
**Treasurer:** Sue Filer  
**Secretary:** Sue Greentree



2016 has commenced on a very positive note, with the P&F committing support to:

- Duke of Edinburgh Award program
- Emmaus College Eco Group activities
- RACQ Maryborough Technology Challenge – Human Powered Vehicle
- Concrete Table Tennis tables on the Yaamba Road campus
- Extra goalposts for lunchtime sports
- Updated strips for several sports teams.

I look forward to another year of supporting and working with the Emmaus Community!

**Kathy Hanschen**  
**President, Emmaus College Parents and Friends Association**  
[paf@emmaus.qld.edu.au](mailto:paf@emmaus.qld.edu.au)

## SENIOR STUDENTS COMMEMORATE ONE YEAR SINCE CYCLONE MARCIA

Year 11 and 12 Art students have put brush to bark as part of the Rockhampton Regional Council's Community Bark project, commemorating one year since of Cyclone Marcia.

Using bark from Caribaea trees felled at the Rockhampton Botanic Gardens, students created artworks expressing their personal perceptions and experiences of the cyclone which tore through Rockhampton in 2015.

Their creations will be showcased with work from other schools as part of a Council display at the Rockhampton Regional Library from 20 February until 3 March. Read more



Senior Art students pictured with local Rockhampton artist Ainslie McMahon



## ECO GROUP CONTINUES COMMUNITY GARDEN

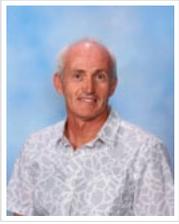
Our Yaamba Road community garden is coming along nicely for 2016. Many of our shrubs are in their earlier stages but with some regular TLC throughout the term our cooking classes can expect to be using fresh herbs, chillis, tomatoes and strawberries, amongst other things, in their cooking this year.

Stay tuned to see the garden's progress!



**Aine Toman**  
**Eco Group Coordinator**  
[aine\\_toman@emmaus.qld.edu.au](mailto:aine_toman@emmaus.qld.edu.au)

## MATHEMATICS NEWS



### Maths Online

Maths Online provides comprehensive animated and narrated lessons that can be watched in full or short cut. It is backed up with a variety of practice worksheets and activities. It is a useful resource that quite a number of students have been using for a

few years now.

If you decided to join up direct with the website, 12 months membership for a student would be \$197. Maths Online is offering Emmaus College student membership for just \$20 per student. If you would like to take advantage of this great offer please fill in the attached registration form below and send it along with \$20 per student into school no later than **Thursday 18 February**.

<http://www.mathsonline.com.au/>

If you have any queries or would like to discuss how this could benefit your child, please do not hesitate to contact me on the details below.

**Peter O'Shaughnessy**  
**Head of Faculty, Mathematics**  
[peter\\_oshaghnessy@emmaus.qld.edu.au](mailto:peter_oshaghnessy@emmaus.qld.edu.au)

## INFORMATION TECHNOLOGY AND BUSINESS NEWS



Letters and consent forms have been sent home to parents regarding the Legal Studies Trip in Term 3. Copies of the letter and form have been included below:

Parents can also access these on Parent Lounge. If there are any questions please do not hesitate to get in contact with me.

**Karyl Young**  
**Head of Faculty, Information Technology and Business**  
[karyl\\_young@emmaus.qld.edu.au](mailto:karyl_young@emmaus.qld.edu.au)

## HEALTH AND PHYSICAL EDUCATION NEWS

### Year 10 Recreation

The Year 10 Recreation students will be undertaking two sessions of ten pin bowling as part of their investigation into participation in ten pin bowling in Rockhampton. By now you should have by now received an information letter and an SMS regarding the details of these two sessions. The cost of the session will be charged to your Term 2 account. This is the only cost incurred for this subject in Semester 1.

In Semester 2 there will be an upfront cost of around \$50 for a day trip to Keppel Island. This is a compulsory trip as it forms the assessment for the students can snorkelling unit where they are required to demonstrate their snorkelling skills in an open water environment.

If you have any further questions regarding these activity please contact your student's teacher or myself Darlene Hamilton (Head of Faculty) by email, included below for your convenience.

Teachers of Year 10 Recreation:

- [Andrew\\_pratt@emmaus.qld.edu.au](mailto:Andrew_pratt@emmaus.qld.edu.au)
- [Allan\\_hilcher@emmaus.qld.edu.au](mailto:Allan_hilcher@emmaus.qld.edu.au)
- [Graham\\_Leeson@emmaus.qld.edu.au](mailto:Graham_Leeson@emmaus.qld.edu.au)
- [Nichole\\_parkin@emmaus.qld.edu.au](mailto:Nichole_parkin@emmaus.qld.edu.au)

### Senior Health Education (11 and 12)

It is strongly recommended that all Senior Health Education students attend the Inter House Swimming Carnival on Monday 22nd February as they will need to collect evidence and data on this day to use in their assessment task. This maybe in the form of photos or written observations.

### Year 9 Health and Physical Education

In the next week or so depending on when classes have their lessons, they will be completing their first piece of assessment. This will be an examination. Students will be required to write a 4 paragraph essay in response to stimulus. Stimulus will be distributed to students via a hardcopy in the class immediately before the examination and also via email to which to ensure students who are absent will receive the stimulus. Emmaus College assessment policy rules will apply to this task in the event that a student is absent from the examination. If you need clarification of the assessment policy, please contact the school.

### Year 11 Certificate III in Fitness

All students should have completed enrol processes for Binnacle Training and parents/caregivers will have received information regarding enrolment in this subject.

**Darlene Hamilton**  
**Head of Faculty, Health and Physical Education**  
[darlene\\_hamilton@emmaus.qld.edu.au](mailto:darlene_hamilton@emmaus.qld.edu.au)

## LIBRARY NEWS



Welcome to 2016!

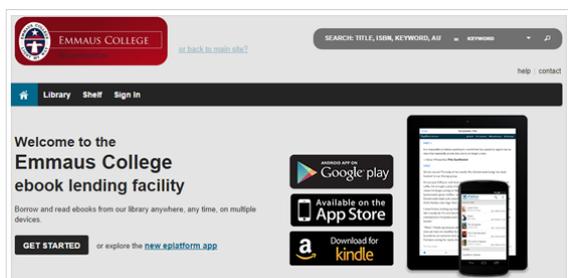
A reminder that the opening times for both libraries are 8am – 4pm Monday to Friday.



### Emmaus eBook Lending Library

Year 7 students will receive login details for the eLibrary in the next couple of weeks so that they can borrow eBooks. The eBooks can be read online, downloaded to a laptop or read through the Wheelers App available through iTunes, Google Play and Kindle.

<https://emmaus.wheelers.co/>

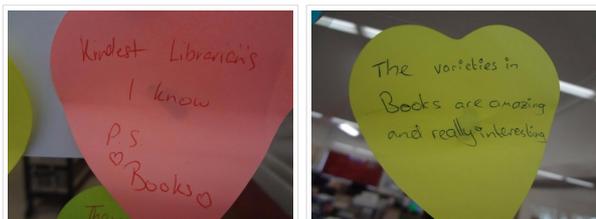


### R2R@Emmaus

The focus for library lessons during 2016 will again be **Research to Referencing (R2R)**. The objective of this program is to concentrate on the journey that students need to take to complete an assessment piece. Starting with skills needed to navigate and assess relevant information from all the sources available, using this information to assemble the assignment and finishing with an accurate reference/bibliography list. All Year 7 and 11 students complete a library orientation lesson and R2R lessons throughout the year. Other Year Levels are offered the options to implement the R2R lesson as part of a unit of work in the classroom.

### Library Lover's Day

On 12 February both Emmaus Libraries Celebrated *Library Lover's Day*. The libraries were decorated with all things 'love' and activities included having a blind date with a book and writing love notes to the library. There were also lots of sweet treats involved!



### Library Intranet Page and Online Databases

The library page can be accessed by clicking on the library tab at the top of the intranet page.

Emmaus College subscribes to a range of online databases so that students have reliable and up to date information for

assignment research. These databases are available from the Library intranet page:

<http://intranet.emmaus.qld.edu.au/library/SitePages/Home.aspx>

Students are encouraged to make this their first port of call when beginning research for assessment as this is much more time efficient than using search engines such as Google and Wikipedia.

The Library class page and online databases are available at home from the College external web page:

<http://emmaus.qld.edu.au/article/term-1-assessment-schedule-2704.html>

- Select Login to Intranet
- Select the *Library* tab at the top of the page

### Overdue Library Resources from 2015

Letters for overdue resources will be sent to parents at the beginning of Term 1 with the last date for returns set at the end of February. Any remaining overdue Library resources from 2015 as at this date will be charged to Term 2 school fees. If you have any questions regarding these charges please contact the Library on 49235731 (Main St.) or 49235781 (Yaamba Rd.) between 8.30am and 3.30pm Monday to Friday.

**Therese Higgins**  
**Library Manager**

## ELEARNING NEWS



Week 4 sees the start of Emmaus College's first Coding Club. 32 students from Years 7 to 12 are currently signed up to participate in the club online and through our weekly gatherings. All students are welcome to participate and we strongly encourage everyone to come along and check it out.

We meet in person weekly on Tuesdays at

3-4pm in the Yaamba Road Library. If you would like to join, email Ms Scheuber to be added to our online Classroom. Watch this space for examples of our awesome work in the coming weeks!

**Daena Scheuber**  
**eLearning Facilitator**  
[daena\\_scheuber@emmaus.qld.edu.au](mailto:daena_scheuber@emmaus.qld.edu.au)

## CAREERS NEWS



Do you struggle with providing current information and advice to your children regarding their career pathways? Not sure where to look for information? You are invited to the **Parents Assisting Career Transitions Session** to be held at **Emmaus College Main Street Library on Wednesday 9 March. The session will commence at 5:30pm through to 6:30pm. Light**

refreshments will be provided. Please RSVP to narelle\_sommerfeld@emmaus.qld.edu.au or 49235729. For more information see the recent letter that was sent home.



- The Defence Work Experience Program, Defence Force Recruiting (Specialist Recruitment Team Women) and HMAS Cairns are very pleased to offer the first **Women in Navy Technical Trades Residential Camp** in North Queensland. The camp will be held from **Tuesday 29 March to Friday 1 April 2016** (first week of holidays). The Women in Navy Technical Trades Camp will provide a hands-on and interactive experience for young women who are considering a career in Navy technical trades. Navy technical careers include **Marine, Electronics and Aviation technicians**. Interested students can learn more about these jobs at [www.defencejobs.gov.au/navy/trades/](http://www.defencejobs.gov.au/navy/trades/)
- **CQUniversity Australia** invites Aboriginal and Torres Strait Islander community members to a networking function to find out what the future can hold for you. The event will be held on **3 March from 6pm – 9pm**, and a meal will be provided. For RSVP information and details on guest speakers have a look at the attached flyer.
- The **Royal Australian Air Force** is offering an Air Force Flight Camp for young women aged between 16 and 24 to experience Air Force aviation careers and opportunities. The camp will be taking place from **7-11 March** at Amberley in Queensland. Download the flyer for more information.
- **Nominate now for the 2016 Queensland Training Awards** The search is on for Queensland's best and brightest in vocational education and training as nominations open for the 2016 Queensland Training Awards ( [www.qta.qld.gov.au](http://www.qta.qld.gov.au) ). Recently completed and completing school-based apprentices and trainees are encouraged to nominate – in recognition of their outstanding achievements and hard work. Vocational students and VET teachers can also apply, along with schools operating as registered training organisations. For more information and to nominate, visit [www.training.qld.gov.au](http://www.training.qld.gov.au) . Nominations close **Thursday 31 March 2016**.

**Narelle Sommerfeld**  
**Workplace Learning and Careers Co-ordinator**  
[narelle\\_sommerfeld@emmaus.qld.edu.au](mailto:narelle_sommerfeld@emmaus.qld.edu.au)

## COUNSELLING NEWS

### Happy families work together



*This material is adapted from:*

<https://www.kidsmatter.edu.au/families/about-families/family-relationships/strengthening-family-relationships>

Managing family relationships so that everyone's most important needs get met can be hard work. All families have times when feelings get hurt and misunderstandings occur. Maintaining positive connections when these things happen requires good communication and creative management. Effective communication means that everyone has a say and is listened to. Creating a warm and healthy environment where each person can have their ideas expressed can help address issues before they arise. Pressure to get things done can mean there seems to be little 'quality time' for talking and listening to each other. Whether or not time is a problem, negative styles of communication often undermine relationships. This occurs, for example, when family members speak to each other disrespectfully or use put-downs. Building positive family relationships does not mean having no conflict. Dealing with conflicts positively, as well as making time to relax and do fun things together, help to strengthen family relationships.

**Positive Communication:** Research on communication in families shows the importance of parents and carers communicating warmth and caring and also setting clear expectations for children's behaviour. Making time for family members, communicating effectively and supporting each other are important ways of strengthening families and building positive relationships. Parents and carers can set a positive tone for communication through their own example. The way you listen, and the attention and importance you give to what each family member says, is as important as what you say to them and how you say it. This may not always be easy, especially when you are tired or busy and have to deal with complaining or conflict. However, listening and acknowledging others' feelings and wants helps to reduce conflict and improves communication.

Discussing things as a family is often very helpful for dealing with concerns and negotiating solutions to conflicts before they get bigger.

- Be present: talking together provides an opportunity to clarify roles and expectations.
- Focus on the strengths: talk about what is working well in family relationships
- Communicate: Encourage children as well as adults to hear and understand each other's views and needs.

If you would like further information or support with your family relationships, you can email the counselling team at [emmaus.counsellors@emmaus.qld.edu.au](mailto:emmaus.counsellors@emmaus.qld.edu.au) or alternatively you can call and ask to speak to one of the School Counsellors.

## INSTRUMENTAL MUSIC NEWS



### ENROLMENTS

Enrolments are still open for the following instruments at Emmaus College: Strings, Flute, Clarinet, Trumpet, Trombone and Bass Guitar. Interested students should fill out the online enrolment form found on [www.emmaus.qld.edu.au/](http://www.emmaus.qld.edu.au/)

instrumentalmusic or collect one from the music block in the Performing Arts Building.

### ENSEMBLE

All ensembles are now up and running on the following days:

**Monday:** String Ensemble 3-4:10pm

**Tuesday:** Vocal Ensemble 3-4pm, Wind Ensemble 3-4:30pm

**Wednesday:** Concert Band 3-4:30pm

**Thursday:** Jazz Band 3-4:30pm

### ENSEMBLE WORKSHOP WEEKEND

There is a workshop weekend (music camp) for all the above ensembles in week 5. All students in these ensembles are expected to attend, as this is crucial preparation for the upcoming Eisteddfod. Please find more information in the note below. A hardcopy of this note is also available in the music block.

All of our tutors and ensemble directors are looking forward to another year of fantastic music-making in 2016!

**Alexia Lally**

**Director of Instrumental Music**

[alexia\\_lally@emmaus.qld.edu.au](mailto:alexia_lally@emmaus.qld.edu.au)

## SPORT NEWS



Our Emmaus sporting teams have gotten off to great starts in their respective Term 1 competitions.

### Girls Basketball

This year we have four girls' teams competing in the interschool basketball competition. The latest round on Tuesday saw our Open A team defeat Rockhampton Grammar School 106-6; our Open B team edged St Ursula's College 28-26; the Junior A team defeated Glenmore State High School 72-8; and the Junior B team were defeated by St Ursula's College 68-17.



Open A Girls



Open B Girls

### Futsal teams continuing good form

#### WEEK 4 RESULTS

NRHS 3 def Senior 1 1

Senior 2 2 drew SBC 2

NRHS 7 def Junior 1 4

Junior 2 5 def SBC 1

Junior 3 22 def RGS 0

**Justen Parle**

**Sport Development Officer**

[justen\\_parle@emmaus.qld.edu.au](mailto:justen_parle@emmaus.qld.edu.au)

## COMMUNITY ANNOUNCEMENTS AND DATE CLAIMERS

- Rockhampton Little Theatre is holding auditions for their new youth production of 'Sleeping Handsome', this Saturday and Sunday afternoon from 5.30pm at the Walter Reid Cultural Centre. Auditions are open for youth aged 7-17.
- Central Queensland Pipes and Drums are holding a Band Information Open Day on Sunday 28 February from 11.00am to 1.00pm at the CQ Military Museum Band Hall on the corner of Alma and Archer Streets, for all interested in learning the bagpipes or drums. Download the flyer for more information.
- Central Qld Athletic Club will be holding their Sign-on at the CQ Uni Oval on Friday 26 February from 5.30p.m. for ages 4 years to Masters. Contact Carolyn Johnson on 0407763552.



- Bluebirds United Softball Club welcomes boys, girls, men and women aged 4 and up to sign on for softball in 2016. The season runs from March to September, please contact Tracy for more information on 0418183051 or email bluebirdsoftball@hotmail.com .



*"Our parents and grandparents support St Joseph's Cathedral conservation by shopping at Drakes Supa IGA. Collect a key tag and you can help too!"*

## Will you support our Cathedral Conservation?

**NO HASSLE, NO SIGNING UP AND NO COST TO YOU!**

Simply scan your  keytag  at the checkout with your groceries, and automatically 1 cent of every dollar you spend goes to the Cathedral Conservation Fund.

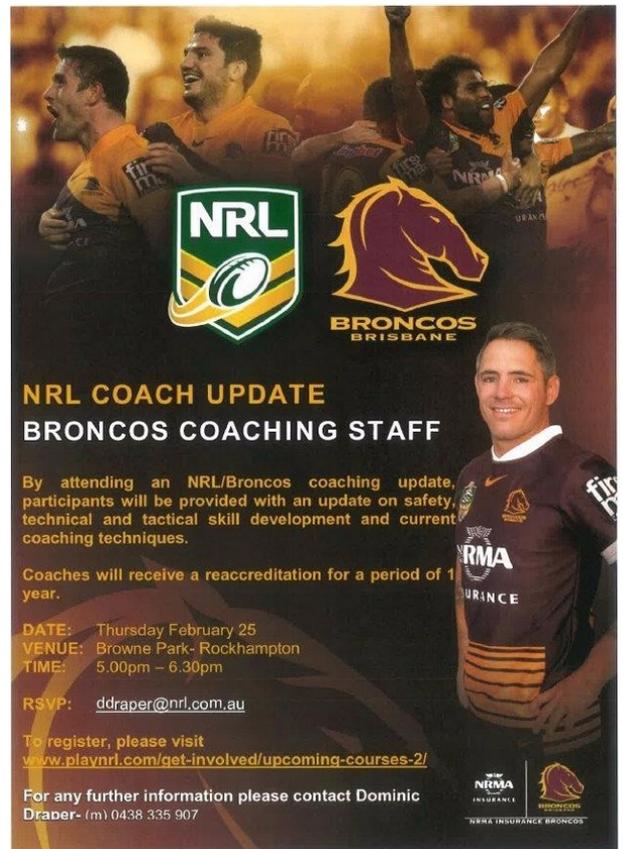
Key tags are available at your School Office, local church or your Drakes Supa IGA store —put it on your car keys so you remember to use it

Key tags can be used at any Drakes Supa IGA supermarket in Queensland. Currently in our Diocese Drakes stores are located at:

- Glenmore (North Rockhampton)
- Gladstone
- Emu Park
- Toooloa Street
- Calliope
- Sun Valley



The Cathedral Conservation Fund thanks you for your support



**NRL COACH UPDATE  
BRONCOS COACHING STAFF**

By attending an NRL/Broncos coaching update, participants will be provided with an update on safety, technical and tactical skill development and current coaching techniques.

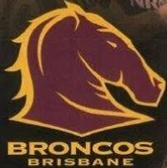
Coaches will receive a reaccreditation for a period of 1 year.

**DATE:** Thursday February 25  
**VENUE:** Browne Park- Rockhampton  
**TIME:** 5.00pm – 6.30pm

**RSVP:** [ddraper@nrl.com.au](mailto:ddraper@nrl.com.au)

To register, please visit [www.playnrl.com/get-involved/upcoming-courses-2/](http://www.playnrl.com/get-involved/upcoming-courses-2/)

For any further information please contact Dominic Draper - (m) 0438 335 907



## TAPING COURSES

### Rigid Taping Basics

Wednesday 24<sup>th</sup> February 6-8 pm

### Rock Tape Injury & Performance Strapping

Wednesday 2<sup>nd</sup> March 6-8 pm



**\$35 for one course or \$60 for both**

Free roll of each tape with each course

Payment required at time of booking

For bookings or more information, please contact us on 4923 7576 or [admin@movementimprovement.com.au](mailto:admin@movementimprovement.com.au)