



EMMAUS COLLEGE
ROCKHAMPTON

18th August 2017

Dear Parents/Guardians

All Year 8 students will be participating in the Term 3 retreats on **Tuesday 29th and Wednesday 30th of August**. We will be dividing the Year 8 cohort into two groups, Boys and Girls. Students will attend the Baptist Tabernacle for one day and Emmaus College Main Street Campus the other. Details for the two days are listed below:

Retreat Topics:

HEALTHY LIFESTYLES

- Expressing feelings
- Dealing with conflict
- Healthy body image
- Self esteem
- Forming and nurturing relationships

To assist us in providing this programme, we have engaged the services of Real Talk. This group is a Catholic based group who come to us highly recommended by other schools. Please find attached their letter and the one-day programme they will be presenting. As a school, we recognise that sex-education is primarily the role of the parent and at school we work to support this role. We also recognise that at this time of student's lives, pressure from peers and media representations can be confusing for young people. What we are aiming to do is to provide them with a perspective that we feel would be in line with your thinking and to give them strategies that may help them through a confusing time in their life.

Venues & Times:

VENUE 1 - Emmaus College (Main St Campus)

- 8.30am - Assemble at **Emmaus Main Street Dome**.

VENUE 2 - Baptist Tabernacle at the end of Farm St on Norman Road.

- 8.45 – Assemble with your Tute group at the main entrance;
- 3.00 – Students will be dismissed. **Please be on time to collect your child.**

Note: *Students are required to find their own transport to and from the Baptist Tabernacle.*

*For students **who travel to and from school by bus**, the Emmaus College bus will be running as a shuttle from 8.30am – back to school at 2.45pm from the **Main St** campus. The school **cannot** provide transport for other students who usually ride or are dropped at school by car.*

Venues and Groups

DAY 1 – 29 th August	
Baptist Tabernacle Boys	Emmaus College Girls
DAY 2 – 30 th August	
Baptist Tabernacle Girls	Emmaus College Boys

Student Requirements	
Emmaus College	Baptist Tabernacle
<p><u>Dress:</u></p> <p>Full Emmaus College PE Uniform</p> <p>Joggers must be worn – no sandals or thongs.</p> <p>All students <u>must</u> wear their <u>Emmaus hat</u>.</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 <u>avoid</u> 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>All students <u>must</u> wear their <u>Emmaus hat</u>.</p> <p><u>Pencil case</u> – needed for some activities</p>
<p><u>Food:</u></p> <p>As the day 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 day 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, there are no facilities available for purchasing lunches at the Tabernacle.</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 8, Ms Spottiswood 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 Melinda Spottiswood
Acting Head of Year 8

Dear Parents/Guardians,

RE: 'Love and Life' Seminar/Reflection Day (Years 7-8)

We have been invited by your school to come and facilitate a seminar or reflection day. This will be on the topics of self worth, personal identity, good decision-making, love and relationships. Appreciating the important and irreplaceable role you play as parents, we would like to share with you a little about Real Talk and the content we present.

Real Talk is an organisation that is all about getting REAL on the topics of sex, relationships and personal identity. Based on Catholic Christian values, Real Talk provides up-to-date resources, presentations and programs that help young people to understand God's amazing plan for love and life.

It is important for young people to know that they are of great value, that they have a purpose and also for them to have an understanding of the topics of relationships and sex. Young people today receive countless mixed messages about these topics, and can be unaware or confused about the precious gift they hold. (*Cf: Catechism of the Catholic Church, 1632; Sacred Congregations for Catholic Education, 1997, 18*)

We appreciate the importance of the role of parents in the education of their children. Our aim is to complement and not replace, the present instruction of your children. (*Cf: Familiaris Consortio, 37*)

Real Talk's Love and Life Seminars/Days are an opportunity for young people to hear from trained outside presenters about these topics. Real Talk presents this topic in a fun, interactive and contemporary way whilst being real and honest with the students. We seek to encourage and empower students to make positive choices that show respect for others and for themselves.

Please be reassured this day focuses on topics that are relevant to this age group. In specific, our **middle school 'love and life'** sessions include the following elements and topics:

- Being created in the image and likeness of God
- Self worth and appreciating diversity (others and ourselves)
- Making good choices based on respect and love of self and neighbour
- The impact of the media on how we see ourselves and how we act
- The importance of our bodies the value and meaning of sexual body language
- The beauty of healthy relationships and the biblical teaching on sex and marriage
- Fun activities and games
- Personal sharing from the presenters
- Multimedia, reflection and discussion

Valuing your role as parents, the purpose of informing you is in part to allow for pre and post discussion with your child. If you have any queries about your child's suitability or the content of the seminar, please contact your school or check out our website at www.realtalkaustralia.com.

It is a great honour to speak into the lives of the young people we present to. We look forward to meeting your child / children soon!

Kind regards,

A handwritten signature in black ink, appearing to read "P. Nannes".

Paul Nannes (Managing Director, Real Talk Australia)

